ST MICHAEL'S
PREPARATORY SCHOOL

HEALTHY EATING POLICY

Last review Date: July 2025
Next Review Due: July 2026
Staff responsible: Claire Taylor (Office Manager) and Harry Wende (Chef)
Chair of Governors: Mark Taylor

This policy should be read in conjunction with the following St Michael's policies:

- Safeguarding and Child Protection Policy
- Health and Safety Policy
- Medical and First Aid Policy

Rights Respecting School policy statement

Our school's vision and values have at their heart the importance of treating each other as we would want to be treated ourselves. This is one of the reasons why the work of UNICEF and Rights Respecting Schools is so significant to us. We are committed to respecting, upholding and promoting the rights of every child. This policy links specifically to our commitment to the the following articles:

- Article 2 - No discrimination
- Article 3 - Best interest of the child
- Article 4 - Making rights real
- Article 24 - Health, Water, Food and Environment

Introduction

The school is dedicated to providing an environment that provides healthy eating and enabling students to make informed choices about the food they eat. Healthy eating in school helps to safeguard health and well being throughout life as it supports children to develop healthy habits when they are first learning about food.

This policy is available to the entire school community via our website. Everyone involved with the teaching, serving, cooking of food and drink in school seeks to adhere to this policy.

Aims

The main aims of our healthy eating policy include:

- To provide healthy, seasonal, locally sourced (where possible), freshly made food / drink throughout the day
- To develop a positive attitude towards food and healthy lifestyles

School Lunches

Food prepared by the school catering team has been passed by the Senior Management Team, to ensure we provide a balanced meal choice, through a three weekly rotation.

As a school, the majority of families choose the freshly prepared school lunch. Healthy options are promoted at lunchtime, with a choice of pudding including fresh fruit or yoghurt as an alternative to the pudding option.

Alternative dishes to the daily menu

We are sensitive to the needs of children with specific dietary needs, including religious considerations. When we are made aware of specific dietary requirements, such as an allergy or an intolerance, our catering team is able to provide an alternative dish. This may include vegetarian dishes, weighed food for diabetics, celiac and lactose intolerant alternatives. If a child does not like the alternative food provided, parents may be asked to provide an alternative, at their own expense. An allergy and intolerance register is reviewed every term and shared among teaching staff who serve.

If a child does not like a meal on the daily menu, parents can supply them with a packed lunch on this day, at their own expense. An alternative will not be provided by school.

Use of food as a reward / special occasions

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour, academic or other achievements. Parents are asked to be vigilant about the snacks brought into school and ensure that they do not contain nuts or products made with nuts. A suggestion of a healthy snack is sent to parents on a regular basis.

Drinking water

At lunch and tea, filtered water is available to all students. The school encourages all students to drink at frequent intervals throughout the day. Pupils are encouraged to bring water bottles to school that can be refilled when necessary. There are also water fountains around school with filtered drinking water.

Consultation, monitoring and evaluation

When creating a new menu, pupils are asked to fill in a questionnaire about each meal. From this, the menu is adapted based on feedback from the pupils. The Senior Management Team also discusses ideas and suggestions. The Head of Catering discusses any daily issues with the Office Manager.

Food safety

Appropriate food safety precautions are taken when food is prepared or stored, with food temperatures taken at intervals throughout the day. These precautions vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food safety and hygiene training and that

suitable equipment and protective clothing are available. All catering staff and teaching staff who prepare food have training in Food Safety and Hygiene.

The dining room

The school will provide a clean environment for students to eat their lunch. In the Senior school sitting, there will be a weekly rotation of server (staff member or prefect), whilst in the Junior and Pre-Prep sitting, there will be a termly rotation of staff member.

Children eat in a family sitting style dining room. They are encouraged to handle their cutlery correctly and use acceptable table manners for their age. Children are encouraged to try a small amount of everything.

Staff also have an overview of the children's lunch boxes to ensure they are eating a healthy, balanced meal.

Leading by example

Teachers, caterers and the School Nurse all have a key role in influencing pupils' knowledge and attitudes about food. It is important they follow the school guidelines about serving school lunches. Portion size guidelines are given to serving staff to ensure uniformity. It is under the serving staff's control the amount of food that is given to each individual, and because of this they can observe and report any worrying behaviours associated with food, particularly among the older students.

Snacks

Parents at St. Michael's are expected to provide their children with a healthy snack for the first breaktime of the day. Examples of healthy snacks include:

Oatcakes
Fresh fruit (apple, banana, orange, berries etc)
Dried fruit (mango, raisins etc)
Rich tea biscuit x2
Cucumber / carrot sticks (with or without hummus)
Crackers
Unsweetened popcorn
Crispbreads
Breadsticks
A small sandwich
Pot of cheese / Babybel

Under no circumstances should nuts, chocolate or other sweet products be brought in.