

LONDON BOROUGH OF HAVERING



# **LA SALETTE CATHOLIC PRIMARY SCHOOL**

## **Whole School Food Policy**

**AUTUMN 2025**

**Mission Statement**

**“Loved by Jesus and our Lady of La Salette, we learn and grow together, in joy and friendship.”**

**Purpose**

The purpose of our whole school food policy is to make all parents and staff aware of the importance of ensuring every child has access to a healthy and well balanced diet, supporting them to lead a healthy lifestyle. We also recognise the link between a healthy diet and children's ability to learn. Our school has applied for the Bronze Award as part of the Healthy Schools London Programme and is a supporter of the National Change4Life campaign.

**Aim**

- To ensure food and healthy eating messages are embedded in the school's ethos and consistent across all food provision and classroom activities.
- To provide a whole school approach to food and healthy eating to improve the health and wellbeing of children and their families.

**Break time**

At break time all key stage 1 children are provided with free fruit and vegetables as part of the National Fruit and Vegetable Scheme and any surplus fruit is offered to older children. Key stage 1 children are also provided with milk which is either subsidised or free.

If pupils are bringing snacks from home, we encourage a fruit and vegetable only policy to promote healthy snacking.

**Drinks and Water**

All pupils are encouraged to bring water bottles to school and these are available for pupils to access throughout the day. Children also have access to water fountains which are placed throughout the school.

If pupils bring drinks in from home for lunch, sugary drinks are not permitted, water should be encouraged.

**School Meals**

Our school meals are provided by Havering Catering Services who ensure the menus are balanced and compliant with the mandatory food and nutrient based standards. We support the catering company by carrying out our own monitoring once a term.

The menus are regularly reviewed and our menus are varied and include a range of meals from different cultures and countries, we send copies home each term.

At La Salette School our lunchtimes follow a family service to help children learn new skills and participate in a shared social experience. Rewards (such as stickers) are given to children who show positive behaviour during lunchtime, such as helping another pupil or making healthy choices.

## **Packed Lunches**

Pupils, who bring in a packed lunch, are able to eat in the main dining room alongside pupils who eat a school dinner. All wastage will be sent home to help parents monitor their child's/children's eating habits. Parents' will be encouraged to provide a balanced packed lunch in line with the school's packed lunch information. Packed lunches are encouraged to include at least one piece of fruit and/or vegetables. Unhealthy snacks such as crisps, chocolate and sweets are discouraged. This is consistent with the standards for school meals. Sugary drinks are not permitted and it is not essential to bring a drink as the school provides all packed lunch pupils with access to water.

Rewards are given at lunchtime to children who bring healthy options.

## **The Curriculum**

Our policy is reinforced and embedded through learning in the classroom. Our curriculum will enrich children's experience of food, physical activity and healthy balanced diets through Science, PSHE, PE and Design and Technology. We build on knowledge and practical skills through the key messages of the "Eatwell Guide" to support healthy choices for life beyond school.

## **School Trips and Events**

Our standards of healthy eating are reflected beyond the usual school day and our food policy applies to school trips and other special events.

## **Communication**

We will send out an annual questionnaire to parents requesting feedback on healthy eating in school.

The Healthy School Lead will meet with the School Council regarding healthy eating in school.

This policy is published on our school website.

# eatwell guide

## Use the Eatwell Guide

to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

## Fruit and vegetables

Eat at least five portions of a variety of fruit and vegetables every day.



## Potatoes, bread, rice, pasta and other starchy carbohydrates

Choose wholegrain or higher fibre versions with less added fat, salt and sugar



## Fluids

Water, lower fat milk, sugar-free drinks, including tea and coffee, all count.

Little fruit juice and/or smoothies to a total of one glass (150ml) a day.



## Oil and spreads

Choose unsaturated oils and use in small amounts.



## Foods high in fat, salt, sugar

Eat and drink less often and in small amounts.

## Check the label on packaged foods.

Each serving contains

Energy	Total fat	Saturated fat	Total carbohydrate	Sugars	Salt
100kcal	10g	5g	10g	5g	1g
200kcal	20g	10g	20g	10g	2g
300kcal	30g	15g	30g	15g	3g
400kcal	40g	20g	40g	20g	4g

of an adult's reference intake

Typical values for most are 100g/100kcal

Choose foods lower in fat, salt and sugars.

Choose lower fat and lower sugar options

## Dairy and alternatives

## Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, two portions of sustainably sourced fish per week, one of which is oily.

Per day 2000 kcal  
ALL FOODS  
2500kcal = ALL DRINKS

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As recommended by Healthy Schools London