



“A place to allow everyone to flourish”

**ST. LEO'S AND SOUTHMEAD CATHOLIC NURSERY AND
PRIMARY SCHOOL SERVING THE COMMUNITY**
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WHOLE SCHOOL FOOD POLICY 2017 – 2018

AIM

The ideal goal for us would be to have a school full of happy, healthy children who make informed decisions about their life style choices throughout their lives.

OBJECTIVES

- To promote a consistent message about food and health.
- To promote a consistent message about ‘keeping fit’ and exercise.
- To promote positive healthy life style habits from an early age.
- To reduce obesity in our children.
- To encourage positive well being for all.

WHAT WE DO

As a whole school we

- Consistently give the message of eating fruit and vegetables every day keeps us healthy.
- Ensure that Breakfast Club and lunch time meals are healthy for the children to eat.
- All children have water bottles and are encouraged to drink water throughout the day.
- Encourage children to bring healthy packed lunches to school if they choose not to have a school lunch.
- Certificates for healthy choices.
- “Fit time” in Key Stage Two.
- After School Clubs.
- Sports coaches lead physical activities at lunch times.
- Toast is made for snack time.

- Information is shared with parents.
- Opportunities are grasped throughout the curriculum e.g. Science, P.S.H.E., Design Technology, P.E.
- Family Learning provide 'healthy eating' workshops for the parents/children in the Foundation Stage.
- Sports Week has a high profile in school as do "activity trips" to promote sport.
- During weekly assembly we remind each other of healthy life style choices
e.g. eat well,
move well,
sleep well.

REVIEW

This policy will be reviewed in 2018.