

Greens Norton C of E Primary School



School Food Policy

'In our school everyone can join in with everything we offer'

Approved by

David Ward
Chair of Governors

Jan Pickering
Head Teacher

Ratified: 20 July 2010
Due for Review: July 2011 (bi-annually thereafter)

Aim

We aim to ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to our school. Through effective leadership, the school ethos and curriculum, we aim to create an environment which supports a healthy lifestyle and celebrates cultural diversity.

Objectives

In support of our aim we will:

- promote health awareness
- contribute to the healthy physical development of all members of our school community
- give consistent messages about food and health
- give our pupils the information they need to make healthy choices
- ensure that all aspects of food and nutrition in school promote and improve the health and well-being of the whole school community by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet
- ensure that every pupil has access to safe, tasty and nutritious food by using fresh fruit and vegetables for snacks
- provide a safe, easily accessible water supply during the school day
- ensure that the provision and consumption of food is an enjoyable and safe experience which encourages positive social and cultural interaction whilst reflecting the ethnic, religious, vegetarian and medical needs of pupils and staff.

Settings for the School Food Policy

In accordance with the aim and objectives of this policy, the policy will apply to the following settings in the school:

Snack

Snack is provided during the morning session. It consists of a choice of milk or water to drink and a piece of fruit or vegetable and meets the new school food standards. Fruit sourced by the school is, where possible, obtained locally. Reception and Key Stage 1 children receive a free piece of fruit or vegetable from the Government Fruit and Vegetable scheme. The school extends the provision of fruit and vegetables to children in Key Stage 2. Parents make a small financial contribution which is determined by key stage. Any parents of children eligible for free school meals should not be asked to contribute.

Pupils are allowed to bring in fruit, vegetables or dried cereal bars from home for consumption at snack time.

Food Allergy

We will ensure that the school has considered the needs of food-allergic pupils and has developed appropriate procedures in all areas of the curriculum and beyond, ensuring that affected children are not unknowingly exposed to food allergens like nuts and seeds during schools hours. These considerations apply and are promoted to the whole school community.

Tuck Shops

We will ensure that tuck shop provision is in line with food standards legislation and the whole school food policy, providing a source of healthier food and drink and to be used

as a way of educating pupils about healthier snack foods.

Water

A plentiful supply of drinking water for children is recognised as improving behaviour and concentration. Drinking water is freely available with chilled drinking water machines installed in every classroom and the staffroom. Pupils can fill their own drink bottle for use throughout the day and are regularly reminded to drink water especially during warmer weather, to educate about the importance of hydration.

School Lunches

We will;

- Maintain and/or increase levels of uptake of school lunches
- Ensure that the food provided is compliant with the new standards for school lunch, is of a high quality and promotes health
- Ensure that the choices provided address cultural, religious and special dietary needs
- Ensure the school has the capacity to provide a meal for all those who require one

To ensure that school lunches meet the requirements of the whole school community there will be ongoing liaison and consultation with the school lunch provider.

Packed Lunches

We are committed to encouraging parents to provide healthier lunchboxes for children. When children enter Reception, the school provides a recommendation to parents of what constitutes a healthier lunchbox and this message is reinforced throughout the school. The guidance is consistent, realistic and stresses the importance of a balanced and varied diet. The school actively discourages the following packed lunch foods:

- crisps
- sweets and confectionary
- chocolate bars
- fizzy drinks

The contents of a packed lunch can vary for different reasons, including dietary requirements or intolerance and religious observance. Due to this we do not allow children to share or exchange food from packed lunches. Food not eaten in a packed lunch is taken home by the child to ensure that parents are aware of what their child has or has not eaten. Lunchtime Supervisors also monitor the contents of lunchboxes and whether or not a child is eating and drinking sufficiently at lunchtime. We also encourage parents to include items of food relating to Food Weeks or healthy lunchbox challenges as appropriate.

Eating Environment

Packed lunches are eaten at dining tables in the school hall. We aim to provide a calm, ordered environment conducive to mutual respect and good behaviour, promoting social and community cohesion.

The school is also committed to:

- encouraging children to wash their hands before eating
- encouraging all children to eat the food they have been provided with
- ensuring, that on the grounds of safety, all children remain seated until everyone has finished eating.

- actively helping children who find some aspects of packed lunch difficult, e.g. opening tubs, packets, cartons or bottles

Celebrations and Festivals

We believe it is important to celebrate cultural, personal or community events and recognise that food has a role in such celebrations as birthdays, religious festivals, or end of term. Any food provided at such events should comply with this policy.

Curriculum

Food is of vital importance to us all and should be used to enrich the school curriculum. The curriculum can then enrich pupils' experience of food and healthy eating. Curriculum content will include the following:

- the importance of food groups and the role they play in promoting growth
- the development of a strong healthy body
- what constitutes a balanced diet
- how food is produced
- an understanding and appreciation of cultural diversity
- the development of respect and understanding towards the beliefs and attitudes of others

Visits by outside agencies such as the Life Education Mobile also promote health awareness. In addition, whole school and class assemblies are an opportunity to explore health and food related issues.

Beyond the Curriculum

We offer a wide range of extra-curricular activities which support a healthy lifestyle and to which the aim and objectives of this Food Policy apply.

Gardening Club

We aim to teach children about the importance of taking responsibility for the future of their own environment and the school garden is an excellent opportunity for this. Pupils and families actively participate in our school gardening club where they not only work towards creating a stimulating place in which to learn, but the children can also learn how to care for this environment whilst developing their knowledge of where food comes from. It also provides an opportunity to involve parents and carers and strengthen home-school links. The whole school is proud of our garden and grounds.

Sports Clubs

Sports clubs take place at various times throughout the academic year. These include Seasonal team sports, Basketball, Badminton, Football and aim to contribute to the healthy physical development of pupils.

Cookery Club

When operating, this club covers various aspects of food and nutrition, from identifying, selecting and measuring ingredients to designing menus, creating recipes and sampling different foods. It reinforces the curriculum in many areas ranging from nutrition and hygiene to appreciating cultural diversity. The club also provides an opportunity for children to be creative with food and can help develop their social skills and boost confidence.

Extended schools

We require that any independent or school-organised club, e.g. breakfast or after school club, follows the principals of a healthy lifestyle and that the provision is in line with legislation and the whole school food policy.

Breakfast Club

This will provide a healthier breakfast for children who otherwise would go without and provide practical nutrition education to children and parents.

Partnership with parents and pupils

The partnership of home and school is vital in shaping how children behave, especially where health is concerned. Parents and carers are requested to inform the school of any health or food requirement their child has; parents, carers and pupils are regularly updated on events and issues relating to health and food through school and class newsletters. During after school events, e.g. discos, movie nights etc., the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children.

School Councils

This will provide a mechanism for consulting pupils at all stages of developing the school food policy and allow pupils to take responsibility for ongoing aspects of the school food policy.

Monitoring and Review

The Healthy Schools Co-ordinator is responsible for monitoring that we meet our objectives as detailed in this Food policy. An appointed Teacher from the Senior Leadership team will meet with the School Council to gather feedback from the pupils on aspects of food and nutrition. The Headteacher is responsible for supporting staff in the delivery of the Food policy. The Governing body will monitor that the policy is upheld. The Headteacher and Governing body will monitor maintaining National Healthy School status.

This policy will be reviewed on its first anniversary and thereafter bi-annually.