



## Food Policy

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Date of policy:	January 2012
Date last review adopted by governing body:	26 February 2019
Frequency of review:	3 years

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### 1. Introduction

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHE, Drug and Sex and Relationship policies.

This policy has been formulated through consultation with pupils, parents and staff.

### 2. Aims and objectives

- To ensure that we are giving consistent messages about food and health.
- To give our pupils the information they need to make healthy choices.
- To promote health awareness.
- To contribute to the healthy physical development of all members of our school community

### 3. Settings for the food policy

#### Snack

All pupils are welcome to bring a healthy snack such as fruit or vegetables from home for the morning break time. The school is taking part in the Government initiative to provide all infants with free fruit and vegetables and this is offered during the afternoon.

#### School lunches and packed lunches

Our school meals are provided by a contracted caterer who has a healthy food policy as part of their tender. All meals provided must meet the government's Minimum Nutritional Guidelines for school catering. It is noted that genetically modified foods, foods containing nuts and mechanically re-claimed meat is strictly banned from school lunches.

The school is committed to publicising menu information received from the contractors to parents and carers. This information is available in the school handbook/ parents' noticeboard.

Many children bring packed lunch to school. We include newsletter items about the content of these and we do not allow sweets or fizzy drinks although small quantities of chocolate/ chocolate biscuits are acceptable. Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten.

#### 4. The dining environment

The school provides a welcoming eating environment that encourages positive social interaction of pupils and midday staff. It is committed to the following:

- Active help for children who find the physical process of school dinners or packed lunches difficult – for example, carrying trays, opening tubs or packets.
- Encouraging children to eat the food they have been provided with.
- Equal treatment of children having school dinners or packed lunches, in terms of provision and supervision.
- Provision of water jugs, containing clean water and cups.
- Encouraging children to wash their hands before coming into the dining hall.

#### 5. Water for all

Water is freely available throughout the day from water fountains. Children are encouraged to bring in their own bottle of water from home. Regular water breaks are built into the school day by the class teacher.

#### 6. Food across the curriculum

In Foundation Stage and Key Stage 1 there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food. Children learn about food through a cross-curricular approach. Below is the contribution each subject makes.

**Literacy** provides children with the opportunity to explore poetry and narrative work using food.

**Numeracy** can offer the possibility of weighing and measuring ingredients for recipes.

**Science** provides an opportunity to learn about the types of food available, the function of different nutrients in contributing to health and how the body responds to exercise.

**ICT** can afford pupils the opportunity to research food issues using the internet and other electronic resources.

**Food Technology** as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

**PSHCE** teaches children to how to develop a healthy lifestyle.

**History** provides insight into changes in diet and food over time, e.g. food eaten at a Medieval Banquet.

**Geography** provides a focus for the natural world and changing environment. It looks at people across the world who rely on growing food as their source of income.

**Physical Education** provided pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

**RE** provides the opportunity to discuss the role certain foods in the major religions of the world. Children experience different foods associated with religious festivals. The school also recognises the important role in celebration of personal and community milestones, such as birthdays, end of term. At such times children are allowed to bring in sweets to give out to their fellow classmates.

## **7. Partnership with parents and carers**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on our water and packed lunch policies through school newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

During out of school events, e.g. school discos etc., the school will encourage parents and carers to consider the Food policy in the range of refreshments offered for sale to the children.

## **8. Role of governors**

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has a particular expertise in this area.

## **9. Monitoring and review**

The Head Teacher and PSHE coordinator are responsible for supporting colleagues in the delivery of the Food Policy. **The school in partnership with contract managers is responsible for ensuring the quality of the food offered as part of the contract with the caterer.**

## **10. Equality statement**

The governors and staff are committed to providing the full range of opportunities for all pupils regardless of gender, disability, and ethnicity, social, cultural or religious background. All pupils have access to the curriculum and the right to a learning environment which dispels ignorance, prejudice or stereotyping.