

This policy should be read and understood in conjunction with the following policies and documents:

- PSHEE Policy
- Teaching, Learning and Curriculum Policy
- Health and Safety Policy
- Design and Technology Curriculum

**Principles:**

- 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. We believe that we have an important role to play in encouraging children to eat a healthy diet as part of the whole approach to healthy living.
- The school supports the '5-A-DAY' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

**Aims:**

- To ensure that all aspects of food and nutrition in school promote health and wellbeing of pupils, staff and visitors to our school.
- 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
- To encourage all children to take part in the '5-A-DAY' campaign

**Policy:**

**Settings for food policy:**

**School dinners and packed lunches:**

- Universal free school meals are available to all children in the Foundation Stage and Key Stage 1 but are restricted to school dinners. Packed lunches are not an option under this scheme. (children can bring their own packed lunch)
- KS2 children have the option to either bring their own packed lunch into school or choose a school dinner.
- All our school meals are provided by a contracted caterer who has a healthy-food policy as part of their tender and who is required to adhere to national food and nutrition based standards. Children purchasing school dinners choose between a non vegetarian and vegetarian option and can order dinners on a day by day basis.
- The school regularly passes on information to parents (when supplied by the LA or central government) regarding healthy choices for packed lunches, through its newsletter and also provides links via the school web site to help parents make informed choices. These websites are also highlighted from time to time in the school newsletter.
- Separate dining halls are provided for hot school dinners and packed lunches.

**Morning Snacks:**

- The children in KS2 are encouraged to bring healthy snacks into school.
- The school takes advantage of the free fruit scheme for all Foundation Stage and KS1 children, which is shared out and eaten together either in the classroom or in the playground. In KS1 children are discouraged from bringing their own snack. Children are given responsibility for passing the fruit to others and for helping to clear away.

**Water:**

- Cooled water is freely available throughout the school day to all members of the school community. No water fountains are located inside toilet blocks.

- Children are allowed and encouraged to bring clear bottles of water into school and these are available to them to drink at any time during the school day except during assemblies and collective worship.
- In warmer weather, children are reminded about the importance of drinking water on a regular basis and are encouraged to do so at meal times. For those eating school dinners, fresh water is provided on every table and children are reminded to drink by the staff on duty.

**Milk:**

- Milk is offered through the ‘Cool Milk’ Scheme. We operate an opt-in system for all parents/carers (including those in receipt of benefits) with parents/carers registering on line.

**Out of hours school care:**

- ‘Fundays’ our external provider for breakfast and after school care operates on a daily basis in the school for all children and the food offered is healthy and is consistent with a healthy diet and follows child care guidance.

**Food across the Curriculum**

In FS, KS 1 and KS 2, 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.

- English lessons provide children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus.
- Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.
- Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.
- RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.
- Computing 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. The curriculum is planned so that the children’s skills and understanding of food and food technology progress as they move through the school.
- PSHEE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.
- Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.
- History provides insight into changes in diet and food over time.
- Physical Education provides 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.
- School visits provide pupils with activities to enhance their physical development, e.g. to activity centres.
- Out-of-hours learning includes a gardening club, available to Year 4 children.
- The school’s vegetable garden plays an important part in the curriculum of FS and KS1 children who plant and grow their own vegetables.
- Year 6 will have the opportunity to combine their knowledge of food by planning and budgeting a meal for 6 pupils and a guest.
- There are small gardens within the school grounds where children grow their own vegetables.

**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 and class 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.
- School council regularly monitor school lunches.
- Parents and governors are invited in on a regular basis to sample school dinners.

**Allergies:**

- If an allergy towards foods or food products has been officially diagnosed by a medical team then steps will be taken to mitigate the risks identified in a care plan.
- The school helps children to self-manage the risk in a school environment.
- The school is not a nut-free zone.
- Staff will be aware of children with specific, medically identified allergies.

**Role of the Governors:**

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

**Monitoring and review:**

- Phase Leaders and Curriculum Teams are responsible for the curriculum development of the food policy. The SMT are responsible for supporting colleagues in the delivery of the food policy.
- The contracted caterer for school meals is responsible for ensuring the quality of the food offered and is compliance with national standards.
- The 'Fundays' manager is responsible for ensuring that the food served is in accordance with this policy.

**Review of the Policy:**

- This policy will be reviewed every two years or earlier if necessary to take account of new developments.
- Parents, children and staff will be offered the opportunity to contribute to that review process.