

WHOLE SCHOOL FOOD POLICY

Aim

To ensure that all aspects of food and nutrition in school promote health and well being of pupils, staff and visitors to our school.

Rationale

We hope to actively encourage and promote healthy eating as part of a healthy lifestyle. There is much evidence that diet and activity levels as a child are reflected in our bodies into our teenage years and adult life. Healthy eating and being active not only aids physical development but also increases mental capacity and concentration levels. Everyone in school should also respect diversity in diet for example related to faiths, ethnicity and cultural difference.

Objectives

- To encourage children to make informed choices about what they eat and understand that the choices they make can affect their health.
- To understand the content and importance of a balanced diet.
- To take into account the views of pupils, parents, staff and governors when making choices and decisions about food and nutrition.

To achieve this, the school will:

Snacks and Drinks:

- Provide fresh fruit and vegetables daily to children in Reception, Year 1 and Year 2.
- Encourage Key Stage 2 children to bring fresh or dried fruit or vegetables into school for daily snack.
- Timetable a whole school snack and story time during the morning. Expect all children to eat their snack while sat down.
- Provide the opportunity for parents of all children to purchase milk for consumption in school.
- Make sure all children have access to drinking water and have their own cup.

Lunchtimes and Lunchboxes:

- Promote school meals through assemblies, the school website and competitions.
- Provide school dinners, that offer children a choice of healthy, balanced meals (3 week menu cycle).
- Positively encourage healthy lunchboxes, which draw upon different food groups. Information and suggestions about lunchboxes are sent out to parents as appropriate.

- Maintain a school policy which excludes children from having sweets and fizzy drinks in their lunchboxes.
- Ensure that meetings are held with lunchtime supervisors to keep them informed of changes to school policy.
- Ensure lunchtime supervisors monitor lunchboxes on a daily basis.
- Encourage the children to try new foods that are offered by the school kitchen.
- Use the 'special table' to reward healthy food choices and good lunchtime behaviour each week. Award stickers each week in the celebration assembly.

Curriculum:

- Ensure that curriculum information relating to food and nutrition in different lesson areas is consistent and up to date.
- Plan PSHE lessons each term to include a health focus week.
- Implement Science and DT scheme of work to teach about healthy lifestyles and how to make healthy meals.

Extra Curricular Opportunities:

- Set up an after school cookery club.
- Encourage the School Council to take the lead in monitoring and promoting healthy eating within the school.
- Develop a breakfast club that provides children with healthy breakfast choices and promotes healthy lifestyles.

Healthy Schools Working Party

The school has a 'Healthy Schools Working Party' made up of the headteacher, parents and the school cook. The group meets each term to advise parents on school policy and offer suggestions about how snacks and lunchboxes can be healthy and varied.

The Working Party distributes a termly newsletter to parents. They have a healthy schools noticeboard which is used to display key messages and the dinner menus.

The 'Healthy Schools Working Party' promote the school's hot dinners through competitions throughout the school year.

The school was awarded National Healthy Schools status in 2006.

Future Actions

- Continue to promote healthy lunchbox choices with children and parents, so that children understand the benefits of maintaining a healthy lifestyle.
- Consider water bottles for each child, enabling water to be available in the classroom all day.

Monitoring and Evaluation

- Staff to feed back at termly staff meeting.
- Task group to report back after their termly meeting (see minutes of meetings).
- The headteacher to report to the governing body annually.

Policy reviewed: January 2008