Policy on Food

Lead member of staff	Helen Williamson
Governor Committee	Pupil and Curriculum
Chair of Committee	J Newton Smith
Date of publication	June 2012
Reviewed date	21 May 2019

1 Introduction

1.1 We are committed to ensuring that the children in our care grow into healthy adults, this being the first of the five principal requirements of the Children Act 2004 ('Every Child Matters'), i.e. that they:

- be healthy;
- stay safe;
- enjoy and achieve;
- make a positive contribution;
- achieve economic well-being.
- Nut free school

1.2 Consequently, this school does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food. Our National Healthy School Standard and our Whole-School Food Policy is designed to contribute a vital element to our strategy of creating a school environment in which children can thrive. We believe that it is only through a whole-school approach that the key messages about food and drink can be really effectively conveyed. This document sets out our policy on this.

2 Aims and objectives

– To help children know and understand the importance of food and drink in a healthy lifestyle.

– To help children learn what healthy food is.

– To give children the skills they need to make the right choices with regard to food and drink.

– To promote the physical and emotional well-being of all our children.

3 The curriculum

3.1 We will plan explicit teaching about healthy eating in our formal curriculum. For example, we will teach children about the preparation and cooking of healthy food in design technology classes, while in geography lessons, children will learn where food comes from and how it reaches the shops. In science, we will teach about nutrition and the needs of a healthy body. Through mathematics, we will teach children to measure and calculate size and weight. In English, we will provide opportunities for children to discuss, read and write about health-related issues, such as GM foods, and why some parts of the world have a surplus of food, while other parts have famine. In religious education, children will learn about how food is valued in different societies, and the part food plays in religious custom and practice. In physical education, children will have

the opportunity to learn how their body reacts to exercise, and the importance of food and drink to participation in sport and dance. In PSHE, children will have the opportunity to reflect on food-related issues such as how food is advertised, and how we can enjoy treats without damaging our bodies.

3.2 We will also promote healthy eating through the informal curriculum. For example, we will promote healthy eating regularly in assemblies. We will encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle. We will organise school visits to outdoor pursuit centres, and provide opportunities for children to explore the natural world. Our school site will be fully exploited in the interest of the children's physical and emotional development through playground activities.

4 The school environment

4.1 We will ensure that our school environment promotes healthy eating.

4.2 We will not have vending machines on the school site that dispense sweets or chocolate.

4.3 We will encourage children to drink plenty of water and give regular opportunities to drink water throughout the day.

4.4 Children will be encouraged to bring fruit to eat at break times if they wish to have a snack.

4.5 Fruit will be supplied where appropriate

5 School lunches

5.1 We will serve only healthy food and drink for our school lunches. The lunches will be prepared by our school contractors, who will not be granted a tender unless they make a commitment to provide healthy food. A basic requirement will be that they provide a vegetarian option each day, that they always serve vegetables and fruit, and that all lunches have a balanced nutritional value.

5.2 The parents of children who bring packed lunches will be made aware of our healthy-school policy, and given clear guidance about what should be included in a healthy packed lunch.

6 Role of parents

6.1 We will work closely with parents to ensure that the messages about food and drink we give in school are reinforced and supported at home.

6.2 We expect all parents who send their children to our school to respect our healthy food policy and to support it fully through the food they give their children to bring to school.

6.3 We will hold parent meetings with the parents of the new intake each year to explain to them the importance we place on healthy eating, and why we endorse this policy.

7 Monitoring and review

7.1 The governing body will monitor this policy to ensure that our children are taught the importance of healthy eating. It will be reviewed on a regular basis, and at least once every two years.