

Primary School Food Policy

Rationale

As a school, we have always prided ourselves in providing the best education for your children, within available resources, whilst attending our school. We now wish to extend this ethos by promoting healthy eating patterns for our children at school, by taking a more proactive approach to improving the health and well being of children, whilst attending our school. As an integral part of the curriculum and to improve our children's wellbeing, we incorporate:

- Healthy eating on the PSHE curriculum
- Provision of water bottles for children to fill with water to drink during the day
- Healthy eating education in food technology lessons
- Guidance for break time healthy snacks and healthy lunchboxes.

The school food policy covers

- Lunch packs
- Food provided at the school during special activities
- Healthy eating which is part of our curriculum
- Extracurricular activities such as the Cooking club

Our belief is that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities.

Aim

To ensure that all aspects of food and drink in school promote the health and wellbeing of students, staff and visitors to our school.

Objectives

1- The school will include work associated with healthy, balanced diets in its curriculum-

- Healthy eating inputs into the lessons of each year groups
- The opportunity for students to modify a variety of recipes to suit individual needs e.g. sandwiches, scones...
- The opportunity for students to create a healthy, nutritious recipe e.g. vegetable soup, fruit salad...
- Food in history e.g. rationing during World War II (Y6)
- Origins of different foods from around the globe
- Curriculum theme days
- Extracurricular activities, including healthy foods during out of school activities

As part of the work that children do for science, maths and for personal, social, and health education (PSHE), they will be taught:

- The components of a healthy diet
- The importance of healthy eating both now and in the future
- Design a menu for school, a home breakfast, lunch and evening meal
- Cost of menus
- Measuring and weighing for recipes
- Keeping a food diary
- Nutritional analysis of packaged foods

The school will enlist the help of its school Nurse or another professional to help promote healthy eating habits.

2- The school will provide information on healthy foods that could be included in lunchboxes from home

Parents should be made aware of the following recommended guidelines set out by the British Nutrition Foundation. Their suggestions are shown below

A child's lunch should include only the following:

- A portion of starchy food, e.g. wholegrain roll, bread product, plain crackers, pasta or rice salad
Fresh fruit and vegetables, e.g. apple, orange, banana, cherry tomatoes, carrots sticks or mini fruit chunks
- A portion of milk or dairy food, e.g. cheese, plain or fruit yoghurt
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, quorn, cheese, tuna, egg or hummus,
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured) or milk (not flavoured).

Parents are advised to include an ice pack. Food products, prepared and stored in ambient temperatures, can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child. Although the school provides ambient storage facilities, within an airconditioned environment, the school cannot take legal responsibility for foods prepared at home and then brought into school. In addition, the school suggests that parents only include the following items in moderation in packed lunches:

- Sweet products such as sweet cakes, e.g. sugary cakes or doughnuts
- High fat foods e.g. chocolate or cold fried products such as chips or chicken nuggets
- Crisps or any packet savoury snacks high in salt and fat
- Sugary drinks

To safeguard our children and staff we ask that there are no packets of nuts or food containing nuts brought into school (several children may have a serious allergic reaction when coming into contact with the smallest amount of nut-containing product).

3- The school aims to provide a safe and healthy eating environment for students, staff and visitors having lunch at midday in the school

The school aims to provide a clean, sociable environment, indoors and out, for children to eat their lunch. In doing so, the school requests children adhere to the following:

- All children are required to sit at a table for at least 10 minutes, in order to eat their lunch
- Children are required to eat all or at least try to eat most of the food provided in their lunchbox
- Lunchtime staff will help any children who have concerns or cause concern during mealtime, e.g. children who may have problems eating their lunch, spill or drop their lunch, do not eat their lunch or try to skip lunch
- Children are expected to behave sensibly whilst eating their lunches, be polite and helpful
- Children leave the area where they have eaten their lunch in a reasonably clean and tidy condition

4- The school will make arrangements for monitoring and evaluating activities to ensure these objectives are met

This policy, its procedures and activities will be monitored and reviewed periodically by a member of the Senior Leadership Team, the Personal, Social and Health Education Leader, the school Council and the Parent Council.