

Blakesley CE Primary School

Food and Healthy Eating Policy



Blakesley CE Primary School is proud to be a Church of England School where every child, and adult, matters. We provide a happy, caring environment, based on our Christian values. We recognise that we are all created unique individuals; we support, value and celebrate these differences. We are committed to a high quality education which develops the potential of all.

Prepared by:

Lauren Leeson

Signed (*Chair of Governors*)

Sarah Hyatt

Approved on:

21st May 2015

Date of next Review:

September 2017

Blakesley CE Primary School

Food Policy

Aim

We aim to ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school. Through effective leadership, the school ethos and curriculum, we aim to create an environment which supports a healthy lifestyle and celebrates cultural diversity.

Objectives

In support of our aim we will:

- promote health awareness
- contribute to the healthy physical development of all members of our school community
- give consistent messages about food and health
- give our pupils the information they need to make healthy choices
- ensure that all aspects of food and nutrition in school promote and improve the health and well-being of the whole school community by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet
- ensure that KS1 pupils have access to safe, tasty and nutritious food by using fresh fruit and vegetables for snack
- provide a safe, easily accessible, water supply during the school day
- ensure that the provision and consumption of food is an enjoyable and safe experience which encourages positive social and cultural interaction whilst reflecting the ethnic, religious, vegetarian and medical needs of pupils and staff.

Settings for the School Food Policy

In accordance with the aim and objectives of this policy, the policy will apply to the following settings in the school:

Snack

Reception and Key Stage 1 children receive a free piece of fruit or vegetable daily from the Government Fruit and Vegetable scheme. Pupils not involved in the fruit scheme are asked to bring in a healthy snack of their own. Our School Council have compiled a list of recommended items for snack time and are involved in the monitoring of healthy snacks across the school.

Milk is available for parents to buy for their children. This is free for those entitled to free school meals.

Food Allergy

The school considers the needs of food-allergic pupils and has developed appropriate procedures in all areas of the curriculum and beyond, ensuring that affected children are not unknowingly exposed to food allergens like nuts and seeds during schools hours. These considerations apply and are promoted to the whole school community.

Water

A plentiful supply of drinking water for children is recognised as improving behaviour and concentration. Drinking water is freely available in various areas of the school. Pupils can fill their own drink bottles for use throughout the day (supported by staff in Years R and 1). The children are regularly reminded to drink water especially during warmer weather and are taught/reminded about the importance of hydration.

Packed Lunches

We are committed to encouraging parents to provide healthier lunchboxes for children. When children enter Reception, the school provides a recommendation to parents of what constitutes a healthier lunchbox and this message is reinforced throughout the school. The guidance is consistent, realistic and stresses the importance of a balanced and varied diet. The school actively discourages the following packed lunch foods:

- sweets and confectionary
- chocolate bars
- fizzy drinks

The contents of a packed lunch can vary for different reasons, including dietary requirements or intolerance and religious observance. Due to this we do not allow children to share or exchange food from packed lunches. Food not eaten in a packed lunch is taken home by the child to ensure that parents are aware of what their child has or has not eaten. Lunchtime Supervisors also monitor the contents of lunchboxes and whether or not a child is eating and drinking sufficiently at lunchtime. In the summer time, parents are encouraged via Newsletters to include a freezer pack in their child's lunchbox to keep food as fresh as possible. We endeavour to store lunch boxes in the coolest areas of the school.

Eating Environment

Packed lunches are mainly eaten at dining tables in the school hall though the classrooms may be used on days where different circumstances prevail. In all situations we aim to provide a calm, ordered environment conducive to mutual respect and good behaviour, promoting social and community cohesion. All table surfaces are disinfected before any eating commences. The school is also committed to:

- encouraging children to wash their hands before eating
- encouraging all children to eat the food they have been provided with
- ensuring, that on the grounds of safety, all children remain seated until they have finished eating
- actively helping children who find some aspects of packed lunch difficult, e.g. opening tubs, packets, cartons or bottles

Children in Year 6 are encouraged to support and assist children in our Reception class during the lunchtime period.

On some summer days children are allowed to "picnic" in the school grounds. During this time they are encouraged to ensure that all food stays in their lunch boxes and these are used as the surface to eat from.

Waste

In order to enhance the children's understanding of the importance of recycling we have compost bins adjacent to the school garden. Children are encouraged to put the waste from their fruit snacks etc into specific bins on the playground in order that this can be transferred to these compost bins. The school gardening club will eventually use this compost to help in the growing of their produce.

Celebrations and Festivals

We believe it is important to celebrate cultural, personal or community events and recognise that food has a role in such celebrations as birthdays, religious festivals, or end of term events. Any food provided at such events should comply with this policy and be acknowledged as fitting within a long term well balanced diet.

Curriculum

Food is of vital importance to us all and should be used to enrich the school curriculum. The curriculum can then enrich pupils' experience of food and healthy eating. Curriculum content will include the following:

- the importance of food groups and the role they play in promoting growth
- the development of a strong healthy body
- what constitutes a balanced diet
- how food is produced
- an understanding and appreciation of cultural diversity
- the development of respect and understanding towards the beliefs and attitudes of others

Visits by outside agencies such as the Life Education Bus also promote health awareness. In addition, whole school and class assemblies are an opportunity to explore health and food related issues.

Beyond the Curriculum

We offer a wide range of extra-curricular activities which support a healthy lifestyle and to which the aims and objectives of this Food Policy apply.

Gardening Club

We aim to teach children about the importance of taking responsibility for the future of their own environment and the school garden is an excellent opportunity for this. Pupils are invited to participate in our school gardening club where they not only work towards creating a stimulating place in which to learn, but can also learn how to care for this environment whilst developing their knowledge of where food comes from. This project is supported by Mrs Hall, the school's Site Supervisor. The whole school is proud of our garden and grounds.

Sports Clubs

Sports clubs take place at various times throughout the academic year. These include team sports, athletics, gymnastics and dancing and aim to contribute to the healthy physical development of pupils.

School Council

The School Council were involved in the development of the school Food policy and will continue to take responsibility for ongoing aspects related to food in school in line with the policy itself.

Partnership with parents and pupils

The partnership of home and school is vital in shaping how children behave, especially where health is concerned. Parents and carers are requested to inform the school of any health or food requirement their child has; parents, carers and pupils are regularly updated on events and issues relating to health and food through school and class newsletters. During after school events e.g. discos, movie nights, the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children.

Monitoring and Review

The Healthy Schools Co-ordinator is responsible for monitoring that we meet our objectives as detailed in this Food policy. The Head teacher will meet with the School Council to gather feedback from the pupils on aspects of food and nutrition. The Head teacher is responsible for supporting staff in the delivery of the Food policy. The Governing body will monitor that the policy is upheld. The Head teacher and Governing body will monitor maintaining National Healthy School status.

This policy will be reviewed bi-annually.

L Leeson (May 2015)