



Food Policy

Date Policy was formally adopted	January 2019
Review Date	January 2022
Chair's Name	
Chair's Signature	

Core Values

Respect

Enjoyment

Care

Confidence

Challenge



Rodings Primary School Whole School Food Policy

Introduction

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them to understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

The school supports the '5 a day' campaign to encourage children to eat 5 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 preventing childhood obesity.

We have used the following approach to identify what we need to look at to develop a more healthy approach to the issue of food in our school:

- How well are we doing?
- How well should we be doing?
- What more should we aim to be doing?
- What must we do to make it happen?
- What action should we take and how do we review progress?

Rational

It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an ethos which supports a healthy environment.

Aims and objectives

- 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 pupils to take part in the '5 a day' campaign.

Settings for food policy

Tuck

Our reception class is given a range of healthy tuck by their class teacher at playtime (This includes cheese, breadsticks, raisins and fruit.) A small fee is asked for from the parents. At the same time children are also encouraged to drink water or milk.

This is given to children in 'family' settings. They are also encouraged to hand out tuck and drinks and to help clear them away. Children in KS1 and 2 are encouraged to bring in healthy tuck for their morning break.

Fruit and vegetable scheme

Our reception and KS1 children receive a free piece of fruit or vegetable each day from the National Fruit and Vegetable Scheme. (This includes apples, bananas, easy peel oranges and carrot sticks among other things.)

The children are given these at registration time but is also available throughout the school day. There are opportunities for KS2 to access this Fruit depending on the amount delivered to school.

The fruit is distributed by Year 6 monitors reinforcing the importance of fruit and vegetables.

School lunches and packed lunches

Our school meals are provided by our trained in-house caterers. A rolling three week menu of hot dinners is provided for staff and children. Where possible this includes the use of fresh fruit and vegetables. There is also an option for the children to have a salad bar every day. Again children are encouraged to eat a carrot stick or salad with their meal. Menus are regularly reviewed to ensure a healthy, balanced and interesting meal for the children. These menus are monitored by a food advisor appointed by Essex County Council. Their role is to make sure that all meals comply with the Food Trust's guidelines for school meals. Parents are told of the coming weeks menu on the weekly newsletter.

The school catering team are responsible for the recording, labelling and identification of any food allergens. They will work with parents and the Senior Leadership Team to make sure that all children have access to healthy and safe food. The school catering team will adapt menus to suit different dietary requirements.

Many children bring packed lunches to school. We encourage parents and carers to give their child a healthy and balanced lunch. We do not allow sweets, fizzy drinks or chocolate bars (although we do allow chocolate covered biscuits.)

Nuts

We are a nut free school as some of our children have severe allergic reactions to them. This includes other food stuffs that contain nuts.

Water

Water is available freely to all children in the school. Children from the Reception class to Year 6 have regular water breaks planned into the daily curriculum. Children are encouraged to regulate their own hydration and bring their own individual bottles that can be filled with water. Water jugs and named cups are available for use in each classroom.

Tuck shop

We do not regularly run a tuck shop for the children. Occasionally we do run a tuck shop as a money raising activity for charity. We encourage all items that are sent in for this to be healthy options.

Involvement of the children

Children are encouraged to discuss and feedback their ideas and views on different food issues through the class and school council.

Food across the curriculum

In the Foundation Stage, KS1 and KS2 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 and how it is prepared and cooked.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus. For example; writing to a company to persuade them to use healthy, organic or non-GM foods in children's food and drink etc.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for healthy recipes and weighing and measuring ingredients.

Science provides an opportunity to learn about different types of foods available and their origins. Digestion and the function of different nutrients in contributing to how the body responds to exercise can also be studied.

RE allows children to discuss the roles of certain foods in the major religions of the world. Children can also experience different foods associated with religious festivals.

Computing can afford pupils the opportunity to research food issues using the internet and other electronic sources. Pupils design packaging and adverts to promote healthy food choices.

Food technology as part of DT gives the chance to learn where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

PHSE encourages young people to take responsibility for their own health and well-being. It teaches them how to develop a healthy lifestyle and addresses issues such as body image and persuasion. Pupils are able to discuss issues of interest to young people, for example; advertising and sustainable development.

Music can provide younger children with knowledge about different properties of cooked and uncooked foods when pulses and grains are used in unpitched percussion instruments. Songs and rhymes about food can give a positive feeling about food.

Geography provides a focus on the natural world and the changing environment, offering the chance to consider the impact of our consumer choices on people across the world who rely on the production of food as their source of income. Children can also discover the impact of food production on the natural world.

History provides an insight into the changes to food and diet over time.

PE gives pupils the opportunity to develop physically and to understand the impact of

sport, exercise and other physical activity such as dance or walking.

School visits allow children the chance to enhance their learning about all the areas of the curriculum, often giving them first hand experience of the topics covered.

School clubs on cookery and gardening provide out of hours learning of the food curriculum.

Partnership with parents and carers

The partnership between home and school is critical in shaping how children behave, particularly where health is concerned. Each must reinforce the other. Our school endeavours to lead by example.

As previously stated parents are kept up to date with menus and changes or new initiatives in the weekly newsletter.

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

Along with the Senior Leadership Team (SLT), the PHSE co-ordinator is responsible for the monitoring of the school food policy and supporting colleagues in delivering aspects of it.