



WHOLE SCHOOL FOOD POLICY

APPROVED	Chair of Governors / Headteacher
POLICY DATE	Autumn 2022
REVIEW	Autumn 2023

ABSTRACT

Grange Primary is committed to promoting healthy a lifestyle and educating pupils to make healthy choices.

Grange Primary School Whole School Food Policy

This document sets the policy on Whole School Food Policy at Grange Primary School. It includes discussions on the eating environment, the school meals for breakfast, lunches and packed lunches, snacks, drinking water, food across the curriculum, after school club and partnership with parents and carers.

Introduction

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them 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 tackling and preventing childhood obesity.

We have used the following approach to identify what areas we need to change 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 achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

Rationale

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 with regards 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 environment that supports a healthy lifestyle.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health.
- To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils.
- 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.

Currently we do not run a tuck shop but if we decide to do so in the future, the Food Policy will be applied to all items sold.

Breakfast club

Breakfast Club does not currently operate, but should it reopen the school will ensure that healthy options are available.

Snack

All our under 5s are entitled to free milk through the Nursery Milk Scheme. All Foundation and KS1 classes include a morning playtime snack of washed fruit/vegetables to all children, as part of the School Fruit and Vegetable Scheme (SFVS) government initiative.

School lunches and packed lunches

All our school meals are provided by a contracted caterer who has a healthy food policy as part of their tender. Food is prepared on site and is served in a manner which encourages a balanced diet. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. The children have access to a salad bar every lunchtime, to supplement their school lunch. Water is available to drink.

Some children bring packed lunch to school. We regularly include newsletter items and information leaflets about the contents of these and we do not allow sweets, chocolate bars or any drinks other than water or milk.

The eating environment

We operate a staggered lunchtime from 11.45 am to 12.45pm. School dinners are eaten in the hall. School Ambassadors and the Head Boy/Girl (selected pupils from Year 6) assist in the dinner hall. The support staff circulate and encourage children to eat.

If a child's eating habits need addressing, the class teacher and parents are informed. Health plans for children with allergies or special dietary requirements are reviewed yearly. All appropriate staff are kept up-to-date.

Menus are displayed clearly in the dining hall and are available to view on the school website. Menus are on a three week rota. Meals provided have a selection of Halal meats and a vegetarian option. Older children independently select their required cutlery, tray and cup, salad and bread. They are expected to stack empty trays, dirty cutlery and rubbish in the allocated places before leaving the hall.

Water

Children are encouraged to bring a water bottle to store their water in. Children may drink their water at any time except during assembly and during whole class teaching on the carpet. Early Years and KS1 children are also reminded to drink water at their snack time.

Food across the Curriculum

In EYFS, 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 such as shopping, preparing and cooking food.

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

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

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation, safe use of tools, developing awareness of food hygiene and cooking.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. stereotyping.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income. History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to

understand the practical impact of sport, exercise and other physical activity such as dance and walking.

School visits provide pupils with activities to enhance their physical development e.g. to activity centres.

Grange Primary runs a cooking club after school once a week, where pupils learn about food preparation, hygiene, safety and how to make simple healthy food such as sandwiches and fruit salads.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on our water and packed lunch policies through school and class letters. We ask parents not to send in juice, flavoured water or fizzy drinks and we remind them that only water may be drunk during the school day.

On special occasions, such as birthdays, parents are encouraged to provide healthy treats or non-edible treats (small toys in party bags), and if they wish to give out cakes or sweets, they must do so outside in the playground to the parents directly.

We use resources from NHS and Public Health England to actively promote healthy lifestyle choices, and stress the importance of healthy diet and exercise.

Role of the Governors

Governors monitor and check that the whole school food policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and review

Foundation and Subject Co-ordinators are responsible for the curriculum development of the Food Policy. The Headteacher and PSHE Co-ordinator are responsible for supporting colleagues in the delivery of the Food Policy. The school is responsible for ensuring the quality of the food offered as part of the contract with the caterer.