



# ***Whole School Food Policy***

This policy was adopted on:

The policy will next be reviewed on:

We are journeying together, in partnership, to support and empower each other to live our lives fully as happy, confident, knowledgeable and compassionate people.

Our Christian values inspire us to serve one another and the wider community and value the world around us.

We aspire to be better than we were yesterday and for every child to feel they have achieved. We value the contribution every person makes, as unique individuals, wonderfully made in the image of God.



## **Introduction**

In our school we are committed to giving all 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. This policy stands alongside the school's PSHE policy.

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.

## **Rationale**

Fittleworth CE Village School is a healthy school. 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 elements of the school day to create an environment which supports a healthy lifestyle.

## **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 and food safety; including the training of key staff in food hygiene.
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to make healthy eating choices.

## **Settings for Food Policy**

### **Snack**

All our under 5's are entitled to free milk. Additionally, all KS1 children are entitled to free fruit. The fruit is washed and prepared appropriately before being delivered to the children, along with their milk at 'snack time' which usually happens just before morning break. KS2 children are encouraged to bring fruit as a playtime snack. No other snacks are permitted excepting those that might be administered as part of an individual's health plan.

## **School lunches and packed lunches**

All children from Reception to the end of Year 2 are entitled to a hot school meal under the Government's Universal Free School Meals initiative. The few not wishing to take part in this scheme bring their own packed lunches. Hot lunches are available at a small cost to all children in Years 3-6.

Hot school meals are nutritionally balanced. Children are encouraged to try different foods each day. Children are expected to choose one of the main options and vegetables or salad each day. Healthy dessert options are available for after.

We try to monitor the contents of lunch boxes in line with healthy eating guidelines. We do not allow sweets, chocolate or fizzy drinks. We are a nut free school.

Packed lunch boxes are stored away from direct heat. The lunchtime schedule provides the children with time to wash their hands before eating and we also highlight the importance of cleanliness as a means of preventing contamination & cross infection.

Midday Meal Supervisors ensure that children are safe during lunch time and have an adequate amount of water to drink.

All children eat their lunch in the hall. The children are split into EYFS/KS1 and KS2. Children are encouraged to be sociable and have good table manners. Rewards for good behaviour and manners are in place.

## **Dietary requirement and allergies**

Any child with a special dietary requirement is catered for.

Children with food allergies and intolerances are made aware to all staff members. There are lists available within the kitchens, staff room and first aid room and dining hall.

## **Water for all**

Water is freely available throughout the school day to all members of the school community. Every child is actively encouraged to keep their personal water bottle close to hand. Children may drink their water at any time except during assembly time. Regular water and brain breaks are built into the school day by class teachers. EYFS and KS1 children are also reminded to drink water/milk during their snack time.

## **Food across the Curriculum**

An awareness of healthy lifestyle choices, food types and the growing and cooking of food forms a part of our creative curriculum.

In EYFS, KS1 and KS2, there are a number of opportunities for pupils to develop their knowledge and understanding of health, including healthy eating patterns, and of the practical skills that are needed to understand where food comes from. These skills include growing, preparing and cooking.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, including writing to a company to persuade them to use non-GM foods in children's food and drink etc. The preparation of lists of ingredients, menus and recipes are also important literary skills.

Maths offers opportunities to understand nutritional labelling, calculating quantities for recipes, weighing and measuring ingredients. Children are also encouraged to carry out surveys of lunch box contents and the results are periodically on display in the school.

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. Additionally, all children study the journey of common food items from seed to plate via our curriculum gardening and cooking program.

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.

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

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 and cooking.

PSHCE 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, eg advertising and sustainable development.

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 who rely on growing food as their source of income. History provides insight into changes in diet and food over time. Discussions about the seasonal availability of foods (strawberries at Christmas!) raise the issue of food miles and resulting environmental considerations.

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.

Forest School provides pupils with the opportunity to develop their understanding of cooking and food preparation within an outdoor environment.

Gardening and outdoor learning provides the children the opportunity to learn about growing a variety of fruit and vegetables, harvesting and cooking.

At times throughout the year, a gardening club is provided afterschool.

External providers reinforce the importance of healthy eating as a key element in maintaining a healthy and fulfilling lifestyle.

### **Food Safety and Hygiene**

1 teacher within the school has undertaken Level 2 Food Safety and Hygiene and all TA's, Mid-day Meal Supervisors, staff and adult helpers have undertaken Level 1 Food Hygiene.

### **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 newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day. We also ask that no items containing chocolate are put in a lunch box. The Healthy Eating message will also be conveyed to parents regularly.

Breakfast Club is available daily from 7.45am. Children are provided with a healthy breakfast and social interaction is encouraged during this time. After, the children have the opportunity to play a variety of games and activities. Outdoor play is also encouraged.

### **Role of the Governors**

Governors monitor and check that the school policy is upheld.

### **Monitoring and review**

The Headteacher and Healthy School co-ordinator are responsible for supporting colleagues in the delivery of the Food Policy. The LA share responsibility in ensuring the quality of the food offered via contract.