



Signed by Chair of Governors .....

Date approved by Governors .....March 2017 .....

Review Date .....March 2021.....

## **Trowse Primary 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 understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHE, nuts in school, drug, and sex and relationship policies.

The school supports the '5-A-DAY' principles to encourage children to eat five 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

Our school is an accredited 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 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 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 all children to take part in the '5-A-Day' campaign

We do not use vending machines or have a tuck shop in our school.

#### Breakfast club

We have a breakfast club operating on the school premises, run by school employees, which is popular. We share our food policy with them and ask them to work in a way that supports our aims and objectives; providing a healthy and nutritious breakfast while offering the widest selection they can.

### Snacks

All FS and KS1 classes include a morning breaktime snack of cut and washed fruit or vegetables to all children, in FS it is shared in a family setting for all class members. Children are given responsibility for passing the fruit to others and for helping to clear away. We take part in the Government initiative to provide all infants with free fruit and vegetables during the day. KS2 children may bring a healthy snack, fruit for example, which they eat at playtime. Any left over fruit is offered at afternoon playtime or is taken to the kitchens and offered as an extra at lunchtime to anyone who would like a piece of fruit.

### 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. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a vegetarian and non-vegetarian option, both of which pay regard to nutritional balance and healthy options.

Many children bring packed lunch to school. From time to time, we include newsletter items about the contents of these and we do discourage sweets, chocolate bars or fizzy drinks.

### Water for all

Water is freely available throughout the school day to all members of the school community. Children may drink their water at any time except during the 15-minute assembly. FS children are also reminded to drink water at their snack time.

### Food across the Curriculum

In FS, KS 1 and KS 2, 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, e.g. writing to a company to persuade them to use locally grown or organic 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. 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.
- 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. advertising and sustainable development.
- Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in untuned 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 who 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.
- Extended learning opportunities and gardening clubs. We use the fruit and vegetable waste generated by our snacks to make our own compost.

#### 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 updated on our water and packed-lunch guidance 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, except at lunch when children may drink juice or squash as long as it is in a sealed carton and is then drunk and thrown away or re-sealed after.

During out-of-school events, e.g. school discos, the school will encourage parents and carers to consider the food policy in the range of refreshments offered for sale to the children.

#### 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

All subject coordinators are responsible for supporting the implementation of this policy in their area across all classes.

The Headteacher is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

The LA is responsible for the KS1 snacks contract.