



Whole School Food Policy *Draft for Consultation*

Purpose:

Our Whole School Food Policy addresses food provision across the whole school day as well as educating the children about food and nutrition. Food and drink have a significant role to play in determining the health and well-being of our children. We aim to make a positive contribution to the health and well-being of the whole school community within the ethos of our school supported by a clearly structured approach.

Aims:

- To provide a co-ordinated approach to healthier food & drink options;
- To ensure consistency between the formal curriculum and food & drink provision;
- To involve the whole school community, establishing effective partnerships working towards a common goal;
- To provide resources and effective staff training;
- To ensure equality of access & participation for all;

Guidelines:

We aim to develop an approach to healthy eating activities in our School, encouraging all aspects of food & drink to be brought together clearly, coherently and consistently.

This involves 5 specific areas -

1. The Formal Curriculum.
2. Provision of Food & Drink at school.
3. Consumption of Food & Drink at school.
4. Participation in National Events & Initiatives.
5. Extra Curricular Clubs.

1. The Formal Curriculum.

Children need to be educated to make food choices, develop food preferences and find ways of meeting their needs. Learning about food should be as practical an experience as possible.

- Children need to develop knowledge, skills and capabilities to meet their requirements;
- Practical 'food' experiences are taught principally within DT (Design & Technology) focussing on learning **about** materials, processes and products, as well as learning **through** hands on experiences;
- Equipment will be provided for the use of children in a working group;

- Parents will be asked for voluntary contributions to subsidise food work as and when needed;
- Staff will have the opportunity for Continuing Professional Development in Food related courses;
- See also DT(Food) Scheme of Work
Science Scheme of Work
PSHE Scheme of Work
RE Scheme of Work

2. Provision of Food & Drink at School

- Children in KS1 are encouraged to eat a piece of fruit or vegetable each morning as provided by the NHS funded National Fruit & Veg Scheme; (see Guideline 4 - National Incentives);
- Children in KS1 and KS2 are encouraged to bring prepared/named fruit or vegetables for a mid afternoon snack;
- All children are encouraged to drink water from water bottles and fountains;
- Water is available to every child with their lunch, & they are actively encouraged to drink it;
- Water is available to all staff & visitors in the staffroom from a mains fed water supply and a water cooler;
- A packed school lunch will be provided by Ralph Allen School (for free school meals children) that meets the Government's food- based standards for school lunches.
- Cakes are occasionally provided by parents/carers for a child's birthday in consultation with the class teacher;
- Children are not permitted to bring sweets, crisps, biscuits, cereal bars or juice boxes as a mid morning/afternoon snack or in their packed lunch box.

3. Consumption of Food & Drink at School

- The school will provide a calm, pleasant & sociable eating environment for the consumption of sandwich lunches;
- Dining staff will promote healthy eating messages;
- The Staff & Governors will promote making healthy lunchbox choices through curriculum, workshops, items in newsletters & the school website;
- Provision is made for lunchbox storage in cloakrooms or classrooms;
- The use of ice packs in lunchboxes is encouraged, especially in the summer months;
- Children are encouraged to re-use/recycle lunchbox wrappings wherever possible;
- Lunchtime will be between 12:00 - 1:00
Classes eat in the hall in rotation - Week A Years 2, 4 and 6; Week B Years 1, 3 and 5. Reception eat in their classroom with a dedicated SMSA;
- SMSAs and a member of the Senior Management Team will be in the dining room throughout the lunch time;
- Parents/carers will be contacted at the beginning of each academic year and asked to inform the school of any allergies. It will be made clear that

they are responsible for any changes in this information during the course of the year.

- Children suffering from allergies will eat in a dedicated area away from the main school hall (with a chosen friend). A trained member of staff will stay with them at all times and be on hand to provide the necessary medical assistance.

4. Participation in National Events & Initiatives

- Children in KS1 have a piece of fruit/veg provided daily by the NHS funded Fruit & Veg Scheme; excess fruit is always offered to KS2 children
www.5aday.nhs.uk
- Vouchers from the Flora Cooking with Schools initiative have been used to buy cookery equipment for use by cookery club and the whole school
www.cookingwithschools.com

5. Extra Curricular Clubs

- Cookery Club is held weekly (in terms 1, 3 and 5) for KS1 and KS2 children providing basic food education & simple skills in a fun way. Children pay 50p per session for ingredients;
- Gardening Club is held weekly for KS1 and KS2 children incorporating the growing of vegetables in the school garden;
- Children are encouraged to take & use a full water bottle to all sport related extra curricular clubs.

Monitoring

The Healthy Schools Governor & the Healthy Schools Co-ordinator will monitor the provision of all 'food' related areas, & will report annually to the Head/Governing Body. Any necessary changes will lead to our on-going policy development.

Signed: Headteacher:
Governor:

Shared with staff: yes/no Date:
Shared with Schools Council: yes/no Date:

Date: November 2009
Review date: June 2011