



# Food Policy

## **St Anne's Fulshaw CE 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 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**

St Anne's Fulshaw 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 all 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
- 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

### **Snack**

All children are encouraged to bring a **healthy snack** to school. Our school cook offers children a wide range of healthy options for minimal prices on a daily basis. Children in Class One pay £1 each week and are provided with a healthy snack each day and have the chance to experience lots of different foods.

All EYFS and KS1 children have a piece of fruit or vegetable every day, which is shared together each afternoon. This is part of the government's initiative to provide all infants with free fruit or vegetables during the day. KS2 pupils may bring fruit or vegetables from home to eat at break times.

Pupils attending the after school club are provided with a snack and should not bring in items of food from home unless they have particular dietary needs and only following discussion with the Headteacher.

### **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 hot and cold options, both of which pay regard to nutritional balance and healthy options. Some children bring packed lunches to school. We include newsletter items about the contents of these and encourage the children to request healthy options in their packed lunches.

### **Water for all**

Mains fed water is freely available throughout the school to all members of the school community. Every child brings a bottle to school for their water. These are washed daily and sent home at the end of each week for a more thorough clean.

Children may drink their water at any time except during assemblies. Regular water breaks are built into the school day and curriculum by class teachers.

### **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.
- Mathematics 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.
- Computing 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 D & T 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 wellbeing, 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.
- 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 such as day visits and residentials to activity centres.
- Attendance at Cookery Club allows children to experience making 'real food' from scratch using fresh ingredients and is available to all children on a rolling cycle.

### **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 informed of our water and packed lunch policies through the school newsletters and on their induction to school. 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, squash or milk.

Children should not bring in crisps, chocolate or sweets for their packed lunch. Items such as cakes and biscuits should be provided in moderation. Midday Assistants will check the contents of pupils' lunchboxes and report any concerns they have about a child's diet to the headteacher.

The school is a nut-free zone as a number of pupils have serious allergies to a range of nuts and nut products. We ask that all nut products are therefore kept out of the school environment to keep all our pupils safe.

### **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**

The Headteacher is responsible for ensuring that the food served is in accordance with this policy. Subject leaders are responsible for the curriculum development of the Food Policy. The Headteacher and the PSHE leader are responsible for supporting colleagues in the delivery of the Food Policy. The LA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

**Last reviewed 10.10.22**