

Finedon Federated Schools

Food and Drink Policy

Rationale

“A healthy school is one that is successful in helping pupils to do their best and build on their achievements. It is committed to ongoing improvement and development. It promotes physical and emotional health by providing accessible and relevant information and equipping pupils with the skills and attitudes to make informed decisions about their health. A healthy school understands the importance of investing in health to assist in the process of raising pupil achievement and improving standards. It also recognises the need to provide a physical and social environment that is conducive to learning”.

National Healthy School Standard (DfEE 1999)

At Finedon federated schools we feel that it is important to promote health awareness in all members of the school community. We recognise the connection between a healthy, balanced diet and a pupil’s ability to learn effectively and achieve well in school.

Aims

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to the school. Through the school ethos and curriculum, we aim to create an environment that supports a healthy lifestyle and celebrates cultural diversity.

We aim to support the Every Child Matters vision (see Every Child Matters Outcomes Framework). Whatever their background or circumstances, every child has the support they need to:

- be healthy
- stay safe
- enjoy and achieve through learning
- make a positive contribution to society
- achieve economic well-being

Objectives

In support of our aims, we will:

- promote health awareness;
- contribute to the healthy physical development of all members of our school community;
- give consistent messages about food and health;
- give our pupils the information they need to make healthy choices;
- ensure that all aspects of food and nutrition in school promote and improve the health and well-being of the whole school community by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet;

- ensure that every YR and KS1 pupil has access to safe, tasty and nutritious food by using fresh fruit and vegetables for snack;
- provide a safe, easily accessible water supply during the school day;
- ensure that the provision and consumption of food is an enjoyable and safe experience which encourages positive social and cultural interaction whilst reflecting the ethnic, religious, vegetarian and medical needs of pupils and staff.

Snack

In Foundation Stage and Key Stage One, all children receive a free piece of fruit or vegetable from the Government Fruit and Vegetable Scheme. Children do not bring other snacks to school. Children in Key Stage Two may bring a healthy snack to school, if they wish – sweets and crisps are not permitted.

Water

A plentiful supply of drinking water is recognised as a means to improve behaviour and concentration. In Red and Yellow Classes, water is always available in the snack area. In Purple, Blue and Green Classes, each child is provided with a water bottle which they can refill whenever necessary. The bottles are freshly filled each day and sterilized at the end of each week. Children are frequently reminded and encouraged to drink water regularly throughout the day.

In KS2 children either have access to numbered water beakers or named water bottles, which they can refill in the classroom whenever necessary. The children are reminded to take water bottles home to be washed.

Staying for lunch at school

Children may go home for lunch, bring a packed lunch or purchase a hot school meal. Children in receipt of free school meals will be provided with a hot lunch and stay at school.

Lunch is eaten in the school hall, over two sittings. Dining table surfaces are disinfected before use. We aim to provide a calm, ordered environment conducive to mutual respect and it is expected that children behave in an acceptable way, showing respect for their peers and midday supervisors' authority.

Children are given up to thirty minutes to eat their lunch. Before eating their lunch, all children are asked to visit the toilet and wash their hands.

Lunch boxes are placed on a dedicated trolley for each class at the beginning of the school day.

Packed Lunches

We encourage parents to provide healthy foods in lunchboxes for their children. When children enter Reception, the school provides guidance to parents with regard to what constitutes a healthy lunchbox and this message is reinforced throughout both schools. The guidance stresses the importance of a balanced and varied diet. Children are not allowed to bring fizzy drinks, sweets or chocolate bars in their packed lunches. Should these items be seen in lunchboxes, the child is asked not to eat them and in Foundation Stage and Key Stage One a note is sent home to remind parents about this policy. Key Stage Two children are reminded of the policy and if unhealthy

food continues to be provided in their lunch box, a letter is sent home. The children are encouraged to finish food such as sandwiches before eating biscuits, etc., but they are not forced to do so. No swapping or interfering with another child's food is allowed. Normally, food not eaten in a packed lunch is taken home by the child to ensure that parents are aware of what their child has or has not eaten. Children are regularly encouraged to eat healthy food and are praised for being particularly healthy.

Hot School Dinners

Hot school meals were introduced in both schools in September 2011 and are provided by Nourish. Nourish is a schools service which is managed by Student Services at Northamptonshire County Council.

Research suggests that providing a child with a healthy lunchtime meal, can increase performance and enhance their learning abilities in the afternoon. We want to harness this fact and take this opportunity to provide good value, high quality, nutritionally balanced meals to enable this positive effect.

Nourish want everyone to be able to have access to their service, and as such, actively encourage anyone who is eligible, to apply for a free school meal. Parents can apply by text message, on-line or by paper application.

Curriculum

Food is of vital importance to us and is used to support the school curriculum, in turn enriching pupils' experience of food and healthy eating. Curriculum content includes:

- the importance of food groups and the role they play in promoting growth
- the development of a strong, healthy body
- what constitutes a balanced diet
- how food is produced
- growing fruit and vegetables
- an understanding and appreciation of cultural diversity
- the development of respect and understanding towards the beliefs and attitudes of others

Visits by outside agencies such as the school nurse and Life Education Bus also promote health awareness. In addition, whole school assemblies are an opportunity to explore health and food related issues.

Out of School Care

Our out of school care, The Apple Tree Club, follows the principles of a healthy lifestyle as detailed in this policy and all snacks provided by the club promote healthy eating.

Partnership with Parents

We recognise the importance of the partnership between home and school being vital in shaping how children behave, especially where health is concerned. Parents are requested to inform the

school of any health or food requirement their child has and issues relating to health promotion are included in our school newsletters and displayed on the health information notice board located outside the Infant school hall.

Monitoring and Evaluation

The Policy was discussed and adopted by the Governing Body on _____ and will be reviewed in _____