

Hornsea Burton and Skipsea Federation

Food Policy

What are the aims of this policy?

- To make explicit the values and guidelines that underpin every aspect of food culture in Hornsea Burton Primary and Skipsea schools.
- To ensure that our children receive consistent and coherent messages about food and its role in their long-term health.
- To outline our future plans and goals with regards to food culture in our schools.

What are the values that inform this policy?

- We believe that every adult at each School can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.
- We want the children to understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.
- We want the children to apply their knowledge about food and make healthy choices both in and out of school.
- We want the children to enjoy food technology and learn certain core skills by the time they leave the school.
- We believe that food has a role in developing young people's social skills.

Water in the school

- Children have access to free and fresh water throughout the school day.
- Children are encouraged to bring their own water bottles into their classrooms and are allowed to drink water whenever they feel thirsty.

Milk in the school

As from January 2015, semi skimmed milk will be provided to all Foundation Stage and KS1 children and also to free school meal pupils in KS2 every lunch time (free of charge)

Food throughout the school day:

Breakfast

- We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels without breakfast.

Break Time

- Children in the Foundation Stage and Key Stage One benefit from the National School Fruit Scheme – this entitles them to a free piece of fruit or vegetable a day.
- After consultation with the pupils, all children at Hornsea Burton School are able to buy a selection of healthy snacks from a snack shop at morning break.

Lunch Time – hot lunch in the dinner hall

At Hornsea Burton School, the school meals are cooked and provided by Hornsea Community Primary School . Skipsea School cooks their own meals for the pupils at the school.

- We aim to provide our children with good quality, healthy food and we actively promote healthy choices.

- We recognise the importance of eating a hot lunch and hope that more children who take packed lunch will choose to switch to a hot lunch.
- The menu is sent out to parents as well as being on display for the children and parents in the dinner hall.
- We try to listen to the children's and parent's opinions about the menu and inform the other school kitchen so that they can perhaps adapt the menu accordingly.

Lunch Time – packed lunches

- We monitor packed lunches to see what they contain re healthy options.
- We aim to support parents in making healthy choices when preparing packed lunches.

Lunch Time – the dinner hall environment

- Staff and Governors are encouraged to eat in the dinner hall with the children. At Christmas time, the head pays for all interested governors to have Christmas lunch in order to help with this objective.
- We aim to make sure children have time to eat their lunch and do not need to rush.

Food in the Curriculum

- We exploit opportunities within the existing curriculum to discuss and work with food.
- We recognise that food has great potential for cross-curricular work.
- Staff are able to receive LA training to make sure they are confident when working with food and their class.
- Formal food education is delivered via the Design and Technology curriculum There are also topics in the PSHCE and Science curriculum.

Gardening /Environmental Activities

- Gardening and planting activities are offered at different times during the year
- The children are encouraged to recycle with special purpose bins

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.

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 hot dinner children may drink milk, juice or squash.

During out-of-school events, e.g. school discos etc, 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 will monitor and check that the school policy is upheld.

Links to other policies

- This policy has links to the behaviour, PSHCE, Equal Opportunities and Design and Technology policies.

How is this policy monitored and evaluated?

- A member of the staff, Mrs Shiels (head teacher), leads on this policy.
- We will review this policy every two years (or before if new developments require).

This policy was reviewed March 2016 and no changes needed.