

Elmsett C. of E. V.C.P. School



Food Policy

**Adopted by the Governing Body at the full
committee meeting held on
25th March 2013**

Signed:

Terry Smyth, Chair of Governors



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Document Control

Updated:	January 2013
Person responsible:	Headteacher
Written by:	Headteacher with Staff and Curriculum Committee
Monitored by:	Headteacher
Reviewed by:	Curriculum Committee
Next review:	5 years or as needs dictate

1. Introduction

At Elmsett school we recognise the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards. We are committed to giving our pupils consistent messages about all aspects of health. We encourage them to make responsible choices so that they can develop healthy eating habits to decrease the risks of health problems in later life. We have close links with the farming community so that we can promote knowledge of farming practices. We also have a school garden and allotment where children can grow their own food and enjoy preparing and eating the produce!

2. Aims

- To work with parents, EATS (East Anglian Taste for Schools) School Catering service and Health service to promote awareness of a healthy balanced diet and lifestyle
- To promote physical and mental wellbeing
- To help children recognise that sharing food is an enjoyable social experience
- To help promote respect and tolerance for other cultures by tasting and sharing food from other cultures.
- To ensure children have access to clean, fresh water throughout the day.
- To make the consumption of food an enjoyable and safe experience.

3. School Lunches

All children are encouraged to eat vegetables/fruit as part of their school meal.

Packed lunches are eaten alongside school lunches.

All waste and un-eaten food is returned home so that parents know what has been eaten.

Children are encouraged to bring a healthy packed lunch (no sweets).

Portions are adjusted according to the size/age of the child.

Themed days and special events eg Sports Day are celebrated with a special menu.

Preschool children are invited to a school lunch session before they start so they can experience a full day at school.

Staff are aware of food allergies.

4. Break Time

All children are encouraged to bring a healthy snack or have a piece of fruit. The school participates in the Government Fruit and Vegetable scheme which means all pupils have the chance to have a piece of fruit at break time.

The PTA have arranged milk to be available at a small cost at morning break.

The PTA also pay for a water machine that ensures all children and adults have access to cool filtered water.

All children are encouraged to have named water bottles in school.

5. Gardening Club and Allotment

The gardening club grows a variety of vegetables which are harvested and enjoyed by all. All children help with the allotment and a variety of celebration feasts are planned for the year ahead to which parents and friends will be invited. The children help to prepare the food. Celebrations have included a thank you tea for helpers, a bonfire supper, a harvest meal and Christmas lunch.

6. The Curriculum

In EYFS, KS1 and KS2 there are a number of opportunities for pupils to develop their knowledge and understanding of health and healthy eating patterns.

When they prepare food they learn about the importance of hygiene, safety and the associated practical skills.

The children (if possible) visit a local farm where they learn about food production; children in year3/4 visit the Farm Fair at the Suffolk Show ground. In science they learn about the types of food needed for a healthy diet. The school dental nurse visits and talks to the children about caring for their teeth. They find out what they need to eat and why.

In RE they discover how food is used in celebrations and festivals and when they study other countries or a period in history they find out about the food and whenever possible cook some and taste it.

In PE they learn the importance of physical exercise and in PSHE they recognise the importance of mental well being.

There is a healthy lifestyle board which is regularly updated and children are given a variety of healthy challenges.

On special occasions they enjoy cakes and or sweets but healthy options are always provided.

Science/Knowledge and Understanding of the World - provides an opportunity to learn about types of food available and its production, also about nutrients in food and how they affect the digestive system and contribute to a healthy lifestyle. The children also learn about the importance of exercise to maintain a healthy body.

Topic work enhances the children's knowledge and understanding of the origins of food and how it is manufactured or grown. It also provides information on how food has evolved throughout time.

7. Visitors to school

We work in partnership with the school nurse who visits the school at least once a term. The nurse gives talks on hygiene and healthy lifestyle, tailored to their maturity. Pupils in year 5/6 receive information and guidance on puberty and "grown up" issues.

The school dental education participates in Badgers class science lessons annually to help develop awareness of the importance of looking after teeth.