



Bishopstone C.E. Primary School

Bishopstone Church of England School, Bishopstone, Swindon, Wiltshire, SN6 8PW

Whole school food policy

1 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 behaviour and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHCE, Drug and Sex & Relationship Policies.

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.

We have used the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our school:

- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

2 Rationale

Bishopstone School 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.

3 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

4 Settings for Food Policy

(We do not use vending machines in our school. Currently we do not run a tuck shop but if we decide to do so in the future, the Food Policy will be applied to all items sold.)

4.1 Hygiene

Pupils shall wash their hands and/or use hand gel before eating and after using the toilet or playing outside. This shall be monitored by staff whenever possible.

4.1 Snack

We participate in the Government initiative to provide all infants with free fresh fruit and vegetables at morning playtime every day. KS2 children can only bring fresh fruit or vegetables which they eat at playtime – no other snack is allowed during break.

4.2 School lunches and packed lunches



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School lunches are provided ready cooked by Edward and Wards Catering on a daily basis. They have been employed by Bishopstone Primary to meet the Government initiative that all EYFS/KS1 children have access to a hot cooked meal, free of charge, daily. They are committed to provide healthy meals in accordance with the compulsory nutritional standards for school lunches. The lunches are provided in a temperature controlled 'hot box', the food is then transferred on to a hotplate for service. The children eat their meals in the village hall. The meals are ordered by parents in advance, a list allows the correct meal to be served to each child on the correct day.

Other children bring a packed lunch to school. We put up posters on what to put in a lunch box and advise children and parents on a healthy balanced lunch.

Medical issues

Account shall be taken of individual intolerance, allergy or other requirements in promotion of the policy. Although acknowledged as part of a healthy diet for most, foods containing nuts shall be strongly discouraged in school. The sharing of food containing nuts with other children will not be permitted. Sharing of food is strongly discouraged due to allergies. Constant liaising with Edwards and Ward to share any food allergies that impact their service provided to us.

4.3 Water for all

Water is freely available throughout the school day to all members of the school community. Every child has been provided with a bottle to store their water in. Children may drink their water at any time during the day, in and out of lessons.

4.4 Food across the Curriculum

- In FS, 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, e.g. writing recipes that are healthily balanced or discussing/debating the issue of vegetarianism.
- Maths 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.
- ICT 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 DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.
- PSHCE encourages young people to take responsibility for their own health and well-being, 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.
- Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.
- 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.



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- Physical Education provides pupils with the opportunity to develop physically and to understand the impact of what they eat on their level of fitness.

5 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 regularly updated on our water and packed lunch policies through school and class newsletters. 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 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.

Celebrations

Birthdays may be celebrated in Key Stage 1 and Key Stage 2 using homemade cupcakes or finger food but parents will be strongly encouraged to provide fruit and/or vegetables with a cake to maintain the school ethos. If children wish to share sweets these will be given out at the end of the day and eaten once the child is in the care of their parents in order for the parent to check suitability.

6 Consultation

This policy has been formulated with all the staff of Bishopstone School. Governors of the school have been involved in the process through sub-committee meetings and children have been involved in curriculum time and school council meetings. The policy is available in the school office.

7 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. The school has an appointed food governor who will liaise twice a year with the Healthy Schools/PSHCE coordinator and report back to the full governing body.

8 Monitoring

All teachers are responsible for the curriculum development of the Food Policy. The Headteacher and PSHCE coordinator are responsible for supporting colleagues in the delivery of the Food Policy.

Review

This policy will be reviewed as below.

Policy approved by **Emma Lindsay**

Designation **Head Teacher**

Signed *Emma Lindsay*

Date.....October 2015

Review.....October 2017