

Whimple Primary School

Healthy Eating Policy.

1. Context

Whimple Primary School is a community primary school for girls and boys aged 4-11. In each year there are a few children identified with special educational needs. The school covers a rural residential area and also has pupils who travel in from other local villages and towns. The school has an active PTA, which involves itself mostly in fund-raising and supporting the teachers. The school does not have its own facilities for preparing school meals and orders its daily meals from St Martins Primary School.

2. Policy formation and consultation process

Healthier eating practice is in place and feedback and opinion have been sought from parents and children.

Children's ideas and opinions have been sought through the school council and pupil questionnaires.

This policy has also been written in line with the 'Every Child Matters' agenda with its five key outcomes of:

- Being healthy
- Staying safe
- Enjoying and achieving
- Making a positive contribution
- Economic well-being

3. Aims of the Healthy Eating programme

The school recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The school also recognises the role the school can play, as part of the wider community, to promote family health.

The school aims to:

- Improve the health of pupils and staff, and their families 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, and hygienic food preparation and storage methods.
- Ensure pupils are well nourished at school, and that every pupil has access to safe, tasty and nutritious food, and a safe, easily available water supply during the school day.
- Present consistent, informed messages about healthy eating within school through all school practices.
- Ensure that food provision in the school reflects the medical and ethical requirements of pupils and staff for example medical, allergenic, religious, ethnic and vegetarian needs.
- Ensure the provision and consumption of food is an enjoyable and safe experience.

The school will work towards these aims in partnership with the parents/carers.

Food and nutrition education forms part of the formal curriculum through Science, RE, Geography, PSHE and Citizenship, and DT. The food and nutrition element within the PSHE and Citizenship programme focuses on the four strands of the national curriculum framework:

- Personal development - developing confidence and responsibility and making the most of their abilities.
- Active citizens - preparing to play an active role as citizens.
- Health and safety - developing a healthy, safer lifestyle.
- Relationships - developing good relationships and respecting the differences between people

Other school policies may have relevance to food and nutrition.

4. Equal opportunities statement

The school is committed towards equal opportunities in all aspects of school life. All resources used and teaching and learning will support this commitment.

Ethnic and cultural diversity

Different ethnic and cultural groups may have different attitudes to healthy eating. The school will consult pupils and parents/carers about their needs, take account of their views and promote respect for, and understanding of, the views of different ethnic and cultural groups.

5. Curriculum content

Planning will be supported by the document - 'Combining PSHE and SEAL in the primary school, using the Every Child Matters Framework' which provides a structured curriculum programme based on children's needs and addresses all five outcomes of the Every Child Matters Agenda.

Healthy Eating is delivered within a whole school approach which includes:

- topics
- planned aspects of PSHE, science, DT, geography and RE
- assembly time
- special performances
- pastoral time e.g. circle time
- story time
- through the personal, social and emotional development area of learning in the foundation stage
- through extra-curricular activities e.g. cookery clubs, gardening clubs
- through special projects e.g. healthy eating sessions, tasting sessions, competitions

6. Organisation

The food and nutrition element of the formal curriculum will be co-ordinated by the co-ordinators for science, PSHE and citizenship, and DT, in close cooperation with the head teacher. Active learning methods which involve pupils' full participation will be used. The programme is also supported by a range of outside organisations and visitors who enhance the delivery of the programme and provide relevant and specialist information.

7. Specific issues

School Fruit and Vegetable Scheme

The school is fully involved in the School Fruit and Vegetable Scheme which provides every child aged 4 to 6 with a free piece of fruit.

School Meal Provision

School meal provision meets government nutritional standards. Food is provided which meet the ethnic, allergenic, vegetarian, religious and medical needs of staff and pupils.

The school is working with the school meal providers to increase the number of healthier school dinner options (in liaison with community dieticians). Menus are emailed to parents. Parents are invited to regular tastings.

Pupils are asked to report on school dinner provision through pupil questionnaires and through the school council.

Dining room supervisors are supported through a half termly MTA meeting. An in-service training programme which meets the need of staff will be put in place which includes sessions on food and nutrition awareness (including allergies), hygiene and behaviour strategies will be developed.

Regular informal meetings are held between the catering manager and the head to ensure a good working relationship where the catering environment and the food provision are reviewed.

Packed Lunches

Parents/carers are encouraged to provide healthy packed lunches for their children. Fizzy drinks, chocolate and sweets are discouraged in packed lunches. Healthy eating posters are displayed around the school and packed lunch suggestions are available on request. All packed lunches are stored away from direct sunlight at a cool temperature. Pupils are encouraged to bring packed lunches in a cool bag.

Water Provision

The school has provided all pupils with a water bottle and replacement lids are free. All pupils have access to drinking water at all times, at a number of points around the school. Pupils are also encouraged to carry water with them and consumption is permitted both in the class, and during break and lunchtimes. Water is also available during sport activities. Classes have monitors to ensure that bottles are cleaned and refilled daily.

Reward systems

All staff recognise the need for consistent messages about healthy eating within school.

Free School Meal Provision

The school encourages all families entitled to free school meal provision to access this assistance. Monitoring of uptake is undertaken confidentially.

Hygiene

Pupils are encouraged to wash their hands after going to the toilet and before handling food. All government regulations appertaining to food hygiene are complied with by food service providers. Cleaning and disinfectant schedules are regularly inspected by the Health and safety co-ordinator and the catering service provider.

Allergies

Parents/carers inform the school if a pupil suffers from an allergy, identifying the foods to which s/he reacts and the usual symptoms of the reaction. To ensure all staff, including supply staff, are aware of pupil allergies a list of class health problems is recorded in a special file in the school office and information is displayed at key points throughout the school. All staff members are aware of the school's medical, and health and safety procedures.

Food poisoning

In the event of a food poisoning outbreak advice will be sought from the LA Health and Safety Department and the Local Environmental Health Office.

Outside Organisations

Outside organisations will be used to support and assist the teachers in the development of the classroom based work. If the school or a parent has any concerns regarding a specific pupil the head will initially seek advice from the school nurse.

8. Assessment, recording and reporting

Food and nutrition elements within the science curriculum will be formally assessed. The school is also keen to recognise and promote pupil's achievements in a wide range of activities and events.

9. Dissemination of the policy

All staff members and governors will have access to a copy of this policy. A copy of this policy will also be available on the school web-site.

10. Monitoring and evaluation of the policy

Any relevant comments from recent OfSTED inspections, healthy schools status, or other evaluations completed will be included in the evaluation and review process.