



Milecastle Primary School

Food in School Policy



MILECASTLE PRIMARY SCHOOL

FOOD IN SCHOOL POLICY

This policy has been drawn up in consultation with the head teacher, PSHE co-ordinator, staff, members of the School Council and governors. The policy will be implemented and monitored by the head teacher and PHSE co-ordinator.

Other relevant policies: PSHE, Science, Design Technology, Physical Activity.

RATIONALE

Milecastle Primary believes in ongoing effort to provide pupils with the best opportunities to thrive personally, socially and academically. The school believes that diet is crucial to the ability of children to learn effectively in school and in developing a healthy lifestyle into their adult lives.

AIMS

It is the wish of the school that its pupils:

- are provided with a consistent message about the importance of food both within and outside the taught curriculum.
- can make sensible choices about their food and drink.
- will be able to reach their full potential through the contribution food can make to improved behaviour and health.
- have increased knowledge and experience of food and nutritional issues.
- have provision for their ethical, cultural and medical needs.

GUIDELINES

The school will ensure the aims are met by making certain that:

- food issues are taught in all relevant areas of the curriculum. Lessons, both discrete and cross-curricular, will be clearly planned, timetabled, objective led and monitored
- school meal provision, including UIFSM, is reviewed regularly with the intention of providing the healthiest food possible.
- snacks eaten at break time are limited to fruit and cheese.

- drinking water is always available and the children are provided with cups for drinking water.
- the school dining hall is a pleasant environment for eating in.
- rewards offered to children are healthy.
- extra-curricular clubs linked to food are maintained wherever possible.
- school works in partnership with parents, kitchen staff and outside agencies to promote healthy eating.
- pupils are consulted, often through School Council, in decisions about food in school.
- allocated funding is used effectively after consultation with pupils, staff, parents and governors.
- the 'National Free Fruit Scheme' is maintained.

All Early Years and KS1 pupils were given a free school meal from September 2014 under the Universal Infant Free School Meal scheme (UIFSM). The governors are committed to encouraging take up of this offer.

CONCLUSION

Milecastle Primary is actively seeking to give all children the opportunity to lead a healthy lifestyle through the food eaten in school and to educate them to make healthy food choices outside school. School will be sensitive to those children whose faith background or medical conditions require additional consideration or adjustment when dealing with issues linked to food.

Governor signature _____