



Swaffham Bulbeck Church of England Primary School Whole School Food Policy

June 2018

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Ratified by GB Committee on	June 2018
Review Period	3 years
Print Name:	Amy Weatherup
Date:	

Whole School Food Policy

The school is committed to giving all our pupils clear and consistent messages involving all aspects of food, healthy eating and healthy lifestyles, helping them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHE, Drug and Sex and Relationship policies.

The school currently supports the '5 a day' campaign by encouraging children to eat 5 portions of fruit or vegetables daily.

AIM

To ensure that all aspects of food and nutrition in school promote health and wellbeing of pupils, staff and visitors to our school.

OBJECTIVES

- Provide access to and promote healthy nutritious food and drink to the whole school community.
- Deliver clear and consistent messages about food, nutrition and healthy eating by reviewing the curriculum to ensure that information relating to nutrition is up to date and relevant.
- Ensure that our school meal provision complies with National standards.
- To contribute to the healthy, physical development of all members of our school community.
- To ensure that staff are trained and enthusiastic about food education, including diet, nutrition, food safety and hygiene.
- To provide a welcoming eating environment which encourages positive social interaction.

THE SETTING FOR OUR FOOD POLICY

The school has a nut-free policy.

Break time snacks

All Early years centre and KS1 classes benefit from the National Fruit Scheme. Fresh, washed fruit or vegetables are given free to all children in these classes. Any fruit left over is stored until the afternoon break where children are offered further fruit or vegetables as an afternoon snack, if they wish. Fruit is always available for any children who have missed breakfast. Surplus fruit or vegetables are given to KS2 children or they can bring some from home. Other snacks such as crisps, biscuits and chocolate bars are not permitted. On special occasions, such as birthdays, 'treats' such as cake or chocolate may be brought in by the birthday child to be given out to the class at the end of the school day.

School Lunches

A contracted caterer, who has a healthy food policy as part of their tender, provides all our school meals which are freshly prepared from locally sourced ingredients. The school has been proactive in its efforts to meet the Government's new standards for food in schools.

Menus are displayed in school accessible to both children and parents so choices can be made in advance. There is the added benefit that children are able to decide whether to have school lunch at morning register. Children are involved in putting together a menu for the coming term, putting into practice their skills for choosing a balanced diet.

Encouragement is given to try new foods and special occasions (including multicultural events, religious festivals and secular events, for example Christmas, Easter, Bonfire Night, Chinese New Year) are promoted and responded to enthusiastically.

Packed Lunches

Many children at the school choose to bring a packed lunch. Lunch boxes are stored in the cloakroom with many boxes being of the insulated type. Children having packed lunch and those having school lunch are permitted to sit together. Sweets, crisps and chocolate bars are discouraged.

Water Provision

All children, staff and visitors to the school have access to water at all times. Each child is encouraged to have a named water bottle which is taken home each night, washed and refilled for the next day. A water dispenser is located in the staff room for staff and visitors. Jugs of water are available on every table at lunchtime.

Children are made aware of the importance of adequate fluid intake, and are encouraged by staff to drink water during hot weather and after sport.

Food across the Curriculum

During the Foundation stage, Key Stage 1 and Key Stage 2, there are a number of opportunities for pupils to develop a knowledge and understanding of health, including healthy eating and the practical skills that are needed to understand where food comes from and preparing and cooking food.

Food technology, as part of Design and Technology, provides an opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation.

PSHE encourages children to take responsibility for their own health and well-being and teaches them how to develop a healthy lifestyle.

History and Geography provides pupils with the knowledge of food from different countries, and an awareness of organisations such as FairTrade. It covers farming techniques of different crops in a range of climates and changing environments. This may be enhanced by 'tasting sessions', led by staff, of food from specific countries or times, e.g. Greece, or a Medieval Feast

The school has several small vegetable beds, which are cared for by the children, growing a variety of herbs, summer vegetables and fruit. These are cared for by the children and when harvested are used by the school cook as an addition to school lunches.

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 we believe that our school is well placed to lead by example.

Newsletters remind parents and carers to send children with fresh water every day, especially during the summer months. Parents are aware of the packed lunch policy and that children are to drink only water during the school day, except at lunch when the children may have fruit juice. Parents actively support our decision to maintain Fruit and Vegetables only at break time.

During school events, we will encourage parents and carers to consider our Food Policy in the range of refreshments offered for sale to the children.

Role of Governors

Governors, through their Teaching & Learning Committee will monitor and confirm that the school policy is upheld.

Monitoring and Review

The Headteacher is responsible for ensuring that the quality of the food served is in accordance with the up to date Government guidelines and with this policy. Subject leaders are responsible for the curriculum development and the Food Policy. The Headteacher and PSHE leader are responsible for supporting colleagues in the delivery of the Food Policy.

This policy will be reviewed at least every 3 years, or more frequently if there is a change in national guidelines.