

DINNINGTON FIRST SCHOOL FOOD POLICY STATEMENT

RATIONALE

Recognising the importance of diet on children's ability to learn and their health both now and in the future, and recognising the long-term influence of eating habits developed during childhood, we wish for Dinnington First School to be a place where healthy eating and drinking is encouraged.

For this to happen, we are aware that a whole school approach to healthy eating and drinking is required. This will involve improving knowledge and raising awareness of the benefits of good diet, ensuring that food provision in the school reinforces these messages, and encouraging both pupils and staff to develop healthy eating and drinking habits.

AIM

That school life at Dinnington First School promotes healthy eating and drinking and encourages pupils and staff to lead healthy lifestyles.

PRINCIPLES

We will seek to:

- Make all pupils aware, through the taught curriculum, of the influence of diet on their health and well-being
- Encourage pupils to make informed decisions relating to their diet
- Ensure that food provision in school enables and encourages pupils and staff to make healthy eating and drinking choices
- Work with school caterers to implement workable plans in line with this policy
- Engage parents in issues relating to diet, to encourage the reinforcement of healthy eating and drinking message in the home and wider community

GUIDELINES

We will meet these objectives by:

- Ensuring that the promotion of, and provision for, healthy eating and drinking in school (including the dining environment) is discussed by the School Council, and that recommendations from this group are noted and acted on
- Carrying out a review of the taught curriculum to ensure that information relating to healthy eating and drinking is included in different subjects as appropriate
- Making fruit available to all pupils free of charge during the morning break as part of the fruit scheme and not allowing snacks other than fruit to be eaten at this time
- Providing drinking water in every classroom, and ensuring pupils feel free to make use of this

- Carrying out a consultation with parents on their views regarding healthy eating, and looking for ways in which the school can support parents in providing healthy diets for pupils at home
- An annual meeting of the food policy co-ordinator, catering manager and head teacher to work on the provision and promotion of healthy food options at lunch times and the optimisation of the dining environment
- Rewarding healthy packed lunches and healthy school lunch choices with stickers
- Reward children for making healthy food choices or trying new foods by inviting them to join the 'Friday Table'.
- Implementing the Food in Schools programme (DfES/DH 2005)
- Involving the LEA dietician in the delivery of lessons as appropriate and in the planning of food club.
- Have an annual 'Health Focus Week'.
- Growing, preparing and eating foods from our school garden.

IMPLEMENTATION AND MONITORING

A report on progress against the guidelines above will be prepared by the food policy co-ordinator on a bi-annual basis. This will be approved by the School Council and the key issues will be summarised for dissemination to parents and governors.

CONCLUSION

An appreciation of good food and healthy eating has a significant influence not only on the concentration and performance of pupils at school, but on their self-esteem and long term health. By taking a whole school approach to healthy eating and drinking, and carrying out the guidelines in this policy, we aim to empower pupils to make informed choices about their diet and develop eating habits that will have an impact for the rest of their lives.