



# **Willow Bank Infant School**

## Whole School Food Policy

<b>Approved by</b>	<b>School Development</b>
<b>Review Period</b>	<b>Three Yearly</b>
<b>Approved</b>	<b>February 2019</b>
<b>Next Review</b>	<b>February 2022</b>

In our school we are committed to giving all our children consistent messages about all aspects of health to help 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 & Relationship and Physical Activity 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.

### **Rationale**

Willow Bank Infant 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 elements of the school day to create an environment which supports a healthy lifestyle.

### **Aims**

- 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

### **Snacks**

Children are encouraged to eat a portion of fruit or vegetable during the morning break. They can have what is provided under the Government's School Fruit and Vegetable scheme or bring their own. No other snack is allowed during morning break unless prior arrangement has been made for a special diet.

### **School lunches and packed lunches**

From September 2014 there have been universal free school meals for all Infant aged children. The school meals are provided by a contracted caterer who adheres to the government guidelines and where possible, this will include the use of fresh fruit and vegetables each day as a choice for the children. They will provide a hot cooked meal with a meat or vegetarian option, both of which pay regard to nutritional balance and healthy options.

Many children have taken up the offer of a free school meal, but for those who bring packed lunch to school we aim for them to be nutritionally balanced. Sweets, chocolate bars or fizzy drinks are discouraged and from time to time we will include ideas for healthy packed lunches in our

newsletters for guidance and clarification. This is in direct response to parents asking for advice.

### **Sharing meals together**

We believe that sharing meals in school is an opportunity for positive social interaction. Children are encouraged to enjoy eating their meals with friends and other children in school and to observe good manners at the table. Children who are able to use cutlery correctly have learnt a valuable life skill.

### **Water for all**

Water is freely available throughout the school day to all members of the school community. Every child is encouraged to bring to school a bottle of water. Children may drink their water at any time except during the 20minute assembly. Regular water breaks are built into the school day and curriculum by class teachers.

### **Cooking in School**

All children have the opportunity to cook food from time to time during the school day. This is often linked to curriculum topics. Children will be able to experience the tastes of different foods which will widen their enjoyment and knowledge of food.

### **Food across the Curriculum**

Throughout the Foundation Stage and in Year 1 and Year 2 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.

- **English** 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 instructions on how to make a fruit smoothie, or writing a letter to a food company asking them to put less sugar and salt into foods marketed for children.
- **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.
- **Computing** 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 Design Technology provides the opportunity to learn about where food comes from and apply healthy

eating messages through practical work with food, including preparation and cooking.

- **PSHE** encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and begins to address issues such as body image.
- **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 the changing environments. Children can identify countries and continents by focusing on food and its origins around the world. Children will begin to understand that some foods need to be grown in different climates. Children will begin to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income. This links with the concept of FAIRTRADE.
- **History** provides insight into changes in diet and food over time.
- **Physical Education** provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.
- **School visits** provide pupils with activities to enhance their physical development e.g. adventure playgrounds.
- **School visitors** provide pupils with opportunities to sample, observe and feel a variety of foods that they may not normally come into contact with.

### **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. We have always enjoyed a supportive relationship with parents and carers, enabling us to promote healthy eating and a healthy lifestyle throughout the school community.

During out of school events, e.g. school discos etc.; the School Association considers the Food Policy when deciding upon the range of refreshments offered for sale to the children.

### **Allergies**

Willow Bank is a nut free zone but it is impossible to eradicate all foods that may cause an allergic reaction. Information about an allergy is collected on the school admission form and passed on to a class teacher on a medical information register. Parental permission is sought to display information about the allergy. A photograph is placed on the dinner book, inside the medical cupboard of the relevant area and in the staffroom. Staff in the kitchen will provide an alternative menu and class teachers will be responsible for liaising with a parent about which foods will be used in the classroom. Parents are asked to adhere to the Nut Free policy when contributing baked items to school Cake Sales, but we suggest checking the items purchased at cake sales before allowing your child to eat it, if they suffer from an allergy.

## **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.

## **Monitoring and review**

The head teacher and PSHE subject leader are responsible for the curriculum development of the Food Policy. The Head teacher and PSHE subject leader are responsible for supporting colleagues, parents/carers, and governors in the delivery of the Food Policy. The LA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.