

BOXGROVE C.E.P SCHOOL FOOD POLICY

Purpose of the policy

The purpose of this policy is to provide clear information about the roles and responsibilities of our school and the Governing Body in relation to healthy eating activities. In our school we are committed to giving all our pupils consistent messages about all aspects of health, to help them to understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. The school recognises the important connection between a healthy diet and the ability to learn effectively. It is also in accordance with the UN Convention on the Rights of the Child (on which our Rights Respecting School work is based) All children have a right to good health and good quality health care. All children should have clean water, nutritious food and a clean environment so they stay healthy: Article 24.

Rationale

Boxgrove C.E.P School is a healthy school. We consider all elements of our work to ensure that we promote health awareness in all members of the school community. We aim to provide a valuable role model to our pupils and families with regard to food and healthy eating patterns.

Aims and objectives

- To ensure that we are giving consistent messages about food and healthy eating
- 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

Role and responsibilities

The Governing Body monitors and evaluates the implementation of the food policy. The Head teacher ensures that this policy is implemented and monitored in the day to day work of the school. A Food Hygiene Code of Practice is displayed in the Community Room and further information about food safety is available on the West Sussex Health and Safety A to Z pages of the WSCC website. This policy is formally reviewed every three years and / or when legislation changes.

Settings for Food Policy

We do not use vending machines in our school.

Snacks

All children may bring a healthy snack of a piece of fruit or vegetable to eat at playtime. Milk is available to buy through the cool milk scheme - it is free to those who register until the age of 5. There is free fruit to all children in Year R to Y2 as part of the government's healthy food scheme.

Special dietary needs / allergies

The school supports pupils with dietary needs whenever possible.

Lunches

Many children bring a packed lunch to school - fizzy drinks are not allowed. Hot school lunches are available to all children and staff. It is provided by the County contractor, following their healthy food policy, and with regard to nutritional balance and healthy options.

Lunch times

Children are reminded to wash their hands before eating their lunches and are encouraged to talk with their classmates and enjoy eating together. They are responsible for keeping their tables clean and tidying up after they have eaten. The pastoral care of pupils at lunch time is of great importance, and is overseen by the lunch time supervisors in the first instance. The pupils from Owl Class act as monitors to help the younger children.

Water for all

All children have access to drinking water during the day. They may drink their water at any reasonable time as explained in their classes and are expected to take responsibility for the care and cleanliness of their bottles. Children must have their water ready and available at the start of each lesson and may not fill their bottles during lessons. A water fountain, cups near sink are available for children who have not got a bottle in school.

Food across the curriculum

Many aspects relating to food are covered in all areas of the curriculum and these are clarified in the appendix to the policy.

School Council and the pupil voice

The responses of the School Council are sought on matters relating to food policy and the implementation of the policy in their regular meetings.

Food as rewards

Sweets are not used frequently as rewards by the school, but if given they are not eaten in school but taken home to enjoy with parental permission.

Partnership with parents and carers

The partnership of home and school is vital in shaping how we work together to secure healthy lifestyles for our children. Parents and carers are required to keep the school up-to-date about any allergies to food, including severe peanut allergies, enabling the school to plan for individual needs and requirements.

Parents and carers are regularly informed in newsletters, about water and packed lunch policies. On occasions special events and information workshops for parents are held, to help increase knowledge and raise awareness about healthy eating.

Monitoring and review of the policy

This policy is reviewed by the Governing Body. It will take account of any evidence of impact on the health and well being of pupils and on curricular provision.

Appendix to the policy

Food in the curriculum

In all year groups there are opportunities for pupils to develop their 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 an advert for a food item. In phonics looking at the grapheme "o" using foods to support that learning e.g ring doughnuts
- *Maths* can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients. Or using food to support specific aspects e.g smarties re. probability
- *Science* provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contribution 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.

- In Art and *Design Technology* pupils design packaging and adverts to promote healthy food choices. Food technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking. Tasting foods e.g biscuits in order to support their own enquiries before planning and creating their own food.
- *PSHCE* encourages children to take responsibility for their own health and well being, teaches them how to develop a healthy lifestyle and addresses issues such as body image.
- *Music* can provide pupils with knowledge about different properties of cooked and uncooked food where pulses and grains are used in unpitched percussion instruments.
- *Geography* provides the focus on the natural world and changing environment, offering the chance to consider the impact of consumer choices on people across the world who rely on growing their food as their source of income.
- *History* provides insight into the 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. Discussions had re. importance of eating for energy and strength and drinking water for hydration.
- *School visits* provide pupils with activities to enhance their physical development and experience food in different locations, including picnics and on a residential trip.

Signed:

. Date: 9th October 2017