



Guyhirn Church of England Primary School & Pre-school

Member of the Diocese of Ely Multi Academy Trust

This policy was ratified in:	May 2016
Reviewed:	February 2019
To be reviewed:	March 2021

Food in School Policy

Our Vision

Agape – To live, to learn, to love together

Through our Christian values we aim to inspire all of our school community to show equality and tolerance to all in a safe, challenging environment.

Developing resilient, aspirational and compassionate individuals who are enthused by all faiths and lifestyles showing faith and belief in one another.

“Live in agreement with one another. Do not be proud but ready to mix with everyone. Do not think yourself better than others.” - Romans 12:16

“An intelligent heart acquires knowledge, and the ear of the wise seeks it out.” - Proverbs 18:15

“Love the Lord your God, and love your neighbour as yourselves.” - Matthew 22:37

Our Values

We are a small, family centered Church of England Primary School that is committed to promoting our Christian values of Thankfulness, Compassion, Creativity, Peace, Hope, Endurance, Forgiveness, Tolerance, Kindness, Respect, Trust and Friendship each linked with the core value of Love.

We are determined to create an inclusive culture of learning where everyone will be challenged in their thinking, to succeed to the best of their abilities and strive to become lifelong learners.

We will empower our children to become respected citizens to enable them to make valuable contributions locally, globally and to contribute to our world's sustainable future.

Aim

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school. We aim to develop a whole school approach to healthy eating through which the food consumed at school is in harmony with the principals of healthy eating taught in the classroom.

Objectives

- To give our pupils the information they need to make healthy choices
- To ensure that we are giving consistent messages about food and health
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To provide healthy, balanced meals by working with county catering services to ensure that our hot meals provision meets National Standards
- To begin the process of ensuring that future generations enjoy the benefits of healthy eating

Settings for the Food Policy

Snacks

All Foundation and Key Stage 1 children are part of the National Fruit Scheme and have a morning registration or break time snack of fruit or vegetables. This is given free to all children. All children are given the opportunity to purchase snacks from the Healthy Snacks Trolley for a small charge. If they choose not to take up this opportunity we ask them to bring in a healthy snack. All children in the school are given the responsibility of ensuring any waste is recycled.

Dining Room/Hall

We believe that "eating" should be a social experience and parents, other family members and all school stakeholders are invited to purchase a school meal to share with their children. Members of staff are also encouraged to eat occasionally with the children. We also try to ensure that the "eating environment" (hall) is a pleasant as possible. For example, all queuing and noise levels are monitored and restricted by the midday supervisors.

School Lunches

All our school meals are provided by The Lunchtime co. who have a healthy food policy which includes the use of fresh fruit and vegetables each day as a choice for the children. Menus are displayed in school and are sent home with the children. There is also a salad bar from which the children are permitted to help themselves. Catering staff and lunchtime supervisors encourage children to try new foods. Vegetarian options are always available and special dietary requirements can be met when necessary.

Packed Lunches

Many children bring a packed lunch to school. We do not allow sweets, chocolate bars (although we do allow chocolate covered biscuits at present) or fizzy

drinks. We advise families who opt for a packed lunch to send children to school with a balanced nutritious meal in line with recent guidance.

Water Consumption

At Guyhirn School, we actively encourage all of our pupils to bring a clean water bottle to school each day. We allow these to be kept in classrooms and children are encouraged to drink from them regularly. The school stresses the importance of water bottles being taken home to be cleaned each day. The children also have access to drinking fountains. Water is served with our school meals and children who bring their own packed lunches are allowed to bring drinks as part of their packed lunch. We believe that such access to drinking water:

- Promotes good health and well-being among pupils, staff and other adults
- Reduces tiredness, irritability and distraction from thirst
- Can have a positive effect on concentration throughout the day
- Demonstrates to parents and the local community that the school values pupil's health and well-being.
- Raises awareness of the importance of adequate fluid intake as part of a healthy, active lifestyle.

Food across the curriculum

In the Foundation Stage and Key Stages 1 and 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.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food related issues such as stimulus, e.g writing to a company to persuade them to use non-GM food in children's food and drink etc.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides the 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 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. At least one member of staff will have

a health and hygiene certificate and is responsible for overseeing that food is sourced, prepared and cooked and stored hygienically.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as a body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched instruments.

Geography provide a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.

History provides insight into changes of 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. to activity centres and to develop their knowledge of food and its origin.

Each class maintains a raised bed in which they grow fruit and vegetables. This experience is used by class teachers to develop children's understanding of food and nutrition and to encourage them to taste the fruits of their produce.

Snack Trolley

Staff operate a Snack Trolley, selling healthy snacks at playtime to the children. Choices for the snack trolley are made in line with government guidelines.

Breakfast Club

When Year 6 children are sitting national assessments, the school offers a healthy breakfast at the beginning of the day.

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 strive to lead by example.

During out of school events e.g. school discos and parties etc the school will encourage the organisers to consider the food policy in the range of refreshments offered to the children. Although a wider variety of food and drink will be available on these occasions, a healthy option will always be provided.

Role of Governors

Governors monitor and check that the school policy is upheld and can offer guidance if a member of the body has particular expertise in this area.

Monitoring and Review

The head teacher and PSHE subject leader are responsible for supporting colleagues in the delivery of the Food Policy. The Lunchtime co. is responsible for ensuring the quality of the food offered, as part of their contract with the school.

This policy will be reviewed every 2 years to take account of new developments.