

# Food Policy



## The aims of this policy

- To ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to our school.
- To make explicit the values and guidelines that underpin every aspect of food culture in Baynards Primary School.
- To ensure that our children receive consistent and coherent messages about food and its role in their long term health.
- To ensure that pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and safe, easily available water supply during the school day.
- To make the provision and consumption of good an enjoyable and sociable experience.
- To outline future plans and goals with regards to food culture in our school.
- To ensure that the school meets the outcomes of the Every Child Matters legislation

## What are the values that inform this policy?

We believe that every adult in the school can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.

We want the children to understand that good, nutritious food is essential to their ability to learn as well as to their long term health.

We encourage children to apply their knowledge about food and make healthy choices both in and out of school.

We encourage all children to enjoy cooking and learn certain core skills by the time they leave the school.

We believe that food has a role in developing young people's social skills.

## What we do

- Ensure that all food and drink served reflects the needs of all consumers and makes healthy choices easy to take.
- Regularly renew occasions during the school day to ensure that good and/or drinks are available when needed:
  - before/after school;
  - break times;
  - lunchtime;
  - special activities e.g. sports days .
- Provide food and drink that allows individuals to:
  - drink cool water frequently throughout the day;
  - eat healthily without financial disadvantage;
  - follow special diets/cultural requirements.
- Create a pleasant eating environment that is appropriate to the age of the consumers.
- Design a curriculum that delivers complimentary and developmental nutrition messages throughout a pupils school life.
- Consider nutritional consequences of any organisational change before it happens. Action will be taken to minimise any negative impact.
- Ensure the healthy choices are affordable to all students and that promotions and offers encourage healthy eating.
- Regularly monitor the impact of this work.

## Water in School

Children have access to free and fresh water throughout the school day.

Children are encouraged to bring their own water bottles into their classrooms and are allowed to drink water whenever they feel thirsty.

At lunchtime all children have access to jugs of water in the dining hall.

Children are encouraged to take fresh water with them on all school trips and have access to their water bottles or a water fountain during sporting activities.

## Food throughout the school day:

Before and after school we discourage parents from providing and children from eating sweets, chocolates and fizzy drinks by encouraging them to make a healthy choice

## **Breakfast**

We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels if hungry. We encourage all children to eat breakfast and have a drink before they come to school

We have a breakfast club at school offering cereal, porridge, toast, juice and milk.

## **Break Time**

The reception children have snack time each day where they are encouraged to prepare, cook and try a variety of new foods in a way that promotes the use of different utensils, sharing, conversing and enjoyment of food

Children in Key Stage One benefit from the National School Fruit Scheme – this entitles them to one free piece of fruit or vegetable a day. Key Stage One children are also encouraged to bring a healthy snack to school

Key Stage Two children are also encouraged to bring a healthy snack to school

## **Lunch Time**

### **Hot lunch in the dining hall**

We aim to provide our children with good quality; healthy food and we actively promote healthy choices.

We recognise the importance of eating a hot lunch and hope that more children who take packed lunch will choose to switch to a hot lunch.

The weekly menu is on display for children and parents in the kitchen and sent home with the newsletter at the beginning of each half term.

We listen to the children's opinions on the menu and adapt the menu accordingly.

Our home cooked meals comply with current nutritional standards. Fresh food is used whenever possible and sourced locally. Convenience foods are actively discouraged

### **Packed lunches**

Sandwich children and school dinners eat at the same tables.

We aim to support parents in making healthy choices when preparing packed lunches.

### **The dinner hall environment**

Staff are encouraged to eat in the dinner hall with the children.

We aim to make sure children have time to eat their lunch and do not need to rush.

Children in years 5 and 6 are encouraged to support the reception children in the dining hall by sitting with them, helping them try new food, promoting good manners and conversation and supporting them when clearing away

## **Food in the Curriculum**

We exploit opportunities within the existing curriculum to discuss and work with food.

We recognise that good has great potential for cross-curricula work.

Staff receive training to make sure they are confident when working with good and their class.

Formal food education is delivered via the Design and Technology curriculum. There are also topics in the PSHE and Science curriculum.

## **Schemes and events**

We try to participate in as many food-related events and schemes as possible as long as they consolidate the aims outlined in this policy.

As part of our enjoyment of food and to help children develop a healthy attitude towards food, we do encourage treats at various events throughout the year.

At events, such as the school fete or discos, we cannot guarantee that all the good being provided or sold complies exactly with this policy but will try to ensure that as far as possible children are able to make a healthy choice

## **Links to other policies**

This policy has links to the behaviour, PSHE, Equal Opportunities and Design and Technology policies.

## **How is this policy monitored and evaluated?**

This is a working policy – this policy goes to consultation with the whole school community, including children, parents, school staff (including catering staff) and governors.

We will review this policy every three years.