



## WHOLE SCHOOL FOOD POLICY

### RATIONALE

This policy expresses a common vision of the ethos, status and role of all aspects of food within the school. In particular it aims to develop a coherent approach to healthy eating activities in the school. Food is of central importance in people's lives, not just for health, but socially, culturally and for personal enjoyment.

### AIMS

- To promote engagement, good behaviour and concentration by all the children in relation to all aspects of food and drink
- To promote the current and future health and well-being of all the school community through all aspects of food and drink in school
- To give the pupils, parents and staff the information they need to make healthy choices
- To ensure consistent messages are given about food and health throughout the school day and maximise opportunities to promote a healthy diet
- To ensure that the food and drink available throughout the school day meets government standards for food in schools
- To provide guidance so that food brought into school is consistent with the standards for the food provided in school
- To include the whole school community in the promotion of a healthy lifestyle

### GUIDELINES

Breakfast – breakfast is not currently served at the school

Snacks – a Fairtrade tuck shop which sells cereal bars and wafers is run every Friday break time

Fruit and veg scheme – fresh fruit and vegetables are offered to children in foundation and KS1 each day, served before or after mid-morning break. KS2 children are permitted to bring in their own fresh fruit at this time

Milk – the option to drink a third of a pint of milk is provided each day, served before or after mid-morning break. It is provided free to pupils under 5 years of age, and parents have the option to buy milk for their children after their fifth birthday. Those children who have special dietary requirements are permitted to bring in their own soya milk which is kept in the school fridge.

### School meals

- These are provided free of charge for Foundation and KS1 through the government UFSM scheme. KS2 children have the option to purchase a meal
- Meals meet government standards
- Meals are prepared partly at Beaudesert Lower School with fresh vegetables and fruit being prepared in school
- Meals are provided and promoted through the contractor 'Chartwells'
- Meals are served in the school hall which is pleasing, light, bright and airy

- Provision is made, as required, for cultural diversity, special diets and pupils with disabilities
- Children are encouraged to try different foods at meal times to ensure they are eating a balanced diet

#### Packed lunches

- Guidelines are provided to parents regarding the contents of the lunchboxes
- Contents are checked from time to time and discussions held with parents as necessary

#### After school clubs

- Pupils are encouraged to bring drinks when they stay to after school clubs
- Food related clubs are run, e.g. gardening club, cookery club

#### Water

- The children may use the drinking fountain throughout the day
- The children are encouraged to bring their own bottles of water to school which can be topped up from the water fountain
- Pupils are encouraged to drink water throughout the day

\*HSA activities – food safety and hygiene are checked through a risk assessment for each activity; qualifications are checked; healthy food is encouraged but it is acknowledged that sweet food can also be included as many of the events are special occasions.

\*School organised activities - food safety and hygiene are checked through risk assessments; healthy food is encouraged,

\*Birthdays and other occasions – parents are permitted to send sweets for the children when their child has a birthday. These are given to the children as they go home so parents are aware of the sweets that have been given.

\*Gifts – when sweets and chocolate are given as gifts it is made clear that these are for special occasions only.

Please note that in all activities marked \* children are made aware that the eating of sweet food should only be done in moderation and as part of a balanced diet; children are reminded of the importance of cleaning their teeth particularly after eating sweets and cakes.

Festivals – the school celebrates festivals such as Harvest Festival and religious occasions as part of the curriculum. Food used in these celebrations provides meaning and context for the children.

Sponsorship - only sponsors that support the school's interests and ethos will be sought.

#### FOOD IN THE CURRICULUM

Healthy eating and food education is mainly taught through PHSE, Science and Design Technology – (see National Curriculum 2014 )

Through these lessons pupils learn about

- Nutrition
- Sustainability of food supply and effect on the planet
- Cooking and food preparation
- Making healthy choices
- Designing and planning a meal
- Balanced diet

Adopted by the governing body ..... Chair person ..... Date