

## **Boddington C of E Primary School**

### ***Whole School Food Policy***

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| Governor/Committee Responsible  | Policies Committee |
| Date Approved by Committee      | September 2019     |
| Date Approved by Governing Body | September 2019     |
| Date for Proposed Review        | September 2020     |

## **Whole School Food Policy 2019**

### **Introduction - why we need a whole school food policy**

Diet is a contributing factor to the rapid rise in childhood obesity, and it has been found that too many children's diets are too high in fat, salt and sugar, and too low in fruit and vegetables. Poorly nourished children, particularly those who are overweight or obese, experience social and psychological problems. These have a significant impact on behaviour and performance in schools. As children spend on average a quarter of their waking lives in school, one big step to improving the nutrition of children is to offer healthy food and drink choices throughout the school day. The school environment, attitudes of staff and pupils, as well as what children learn in the classroom, have a major influence on their knowledge and understanding of health. If encouraged to enjoy healthy food and drink early on, it is much more likely that these positive behaviours will remain with a child throughout life.

### **Our aims**

We aim to:

- Improve the health of the whole school community by supporting pupils and families to establish and maintain life-long healthy and environmentally sustainable eating habits;
- Help our pupils acquire the skills and knowledge to make healthy choices and set a good example by encouraging children to choose healthy food and drink, across the whole school day, as outlined in the National Healthy School Programme;
- Integrate our aims into all aspects of school life, including any food provision within the school, the curriculum and pastoral and social activities;
- Ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to the school.

Our objectives and desired outcomes

We shall accomplish our aims through food education, including the development of skills such as cooking and growing, any food served in school and core academic content in the classroom.

We shall work towards the following objectives:

- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and its impact on both health and the environment;
- To ensure pupils have access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day;
- To encourage parents/carers provide food and drink for consumption at school (packed lunches, snacks, etc.) to meet the same nutritional standards that are recommended for food provided by schools;
- To make the provision and consumption of food an enjoyable, social and safe experience for all;
- To encourage children to develop appropriate skills for choosing and preparing healthy meals;

- To ensure adequate provision for children who have specific dietary requirements in relation to a medical condition (this may conflict with healthy eating principles), e.g. cystic fibrosis;
- To introduce and promote practices within the school that reinforce our aims, and to remove or discourage practices which negate them.

Desired outcomes:

- Staff are trained in practical food education;
- Pupils choose healthy and nutritious food across the school day and enjoy it;
- The whole school is aware of the school's involvement with the National Healthy Schools Programme, particularly with respect to developing positive eating behaviours and healthy lifestyles;
- Behavioural incidents in the classroom during the lunch period continue to be rare.
- Pupils can plan and cook healthy food;
- All children at key stage 1 are encouraged to eat fruit or vegetables from the free School Fruit and Vegetable scheme to increase their fruit and vegetable consumption. Any spare is offered to key stage 2 children;
- All pupils achieve a healthy body weight.

### **Management and co-ordination**

There is an identified member of the senior management team who oversees all aspects of food within the school. Their role is to ensure the following:

- Establish an effective structure to oversee the development, implementation, monitoring and review of this policy and to encourage a participatory approach to achieving the objectives.
- Provide an environment that is both physically and socially conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food and drink.
- Establish a process for reviewing the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up to date. Ensure the school complies with current National Nutritional Standards for school lunches and other food in school and with the Food in Schools Standards.
- Ensure that outcomes of the Policy contribute to the completion of the self evaluation process, including the Ofsted SEF and National Healthy School Status.

### **Monitoring, evaluation and review**

The achievement of the objectives and desired outcomes of this policy will be monitored, evaluated and reviewed by senior management and governors through consultation with Design & Technology Co-ordinator, PSHE Co-ordinator, School Council, pupils, parents and staff).

### **Food through the school day**

The school community has agreed to promote a balanced diet, in line with 'The balance of good health', through the following approach to food through the school day:

**Fruit in school:** Key stage 1 children are offered fruit from the free fruit scheme at playtime. Key stage 2 children are offered any spare fruit or can bring in a fruit snack from home.

**Hot lunches:** The school have signed up for the a Hot School meal service from Kingswood Catering LTD and hot meals are delivered to the school on a trolley every day. There is a three week cycle of various meals which are nutritionally balanced and have been created to meet the standards set by the School Food Trust. The meals include a main meal, bread, pudding, fruit and fresh drinking water.

**Packed lunches:** Parents are asked to support our work by providing their children/young people with a nutritionally balanced packed lunch every day. Leaflets are sent home to encourage this.

**Birthday treats:** Children with a birthday are permitted to distribute treats for their peers at the end of the school day.

**School community events and parties:** At other celebration or fund-raising events food suitable to the day will be served and information will be given to pupils/students if contributions from home are requested.

**Storage of food:** Lunch boxes are stored on trollies and kept in the corridor until required. Fruit is kept in the staff room area and is then distributed to children on the playground during the first break.

**Water:** All children are encouraged to drink regularly from the water fountains. A water cooler is also available outside the staff room. Children are also permitted to bring a drink of water in a water bottle from school.

**Milk:** Children are invited to have daily milk from the dairy, for a small charge to parents. This is delivered every other day. Milk, for those that pay into the scheme, is stored in the fridge in the staff room.

### Staffing and staff development

All staff need access to professional development and support relating to food, nutrition and basic food hygiene. A range of provision will need to be identified that meets staff needs across a range of roles and responsibilities.

Areas of staff expertise and individual staff development needs will be identified through existing staff development systems. This will be ascertained through a staff audit.

### Curriculum organisation, planning and delivery

We will ensure that the taught curriculum and food provision throughout the school day present a consistent message. There are opportunities to explore issues around food in many subject areas. We undertake to capitalise on these opportunities in order to:

- Bring the subject "alive" through curriculum links and projects that provide ongoing contact with food professionals.
- Develop an understanding of the role food plays in cultural diversity and knowledge of food in other cultures.
- Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.

Both curricular and extracurricular activities will help pupils develop an understanding of food issues, including: growing; hygiene and safety; preparation; nutrition; healthy lifestyles; and the food industries.

For more information about National Curriculum requirements with respect to healthy eating, see Appendix 1.

### **Assessing, recording and reporting pupil progress**

Pupils' knowledge, skills and attitudes to food are assessed within PSHE and science.

### **Partnerships**

The school values working in partnership with parents/carers and with the wider school community and sees it as an essential part of promoting healthy lifestyles. Partnership working will be promoted through policy development, School Councils, working with health professionals, Healthy Schools Advisory staff, the school's contribution to the local community, work with parents and the Let's Get Cooking Club.

### **Equality of opportunity**

In accordance with school and Local Authority policy, a commitment to equal opportunities and inclusion will be built into all aspects of food and drink provision.

## **Appendices**

### **Appendix 1**

#### **National Curriculum Links to Healthy Eating**

##### **Personal, Social, Health Education and Citizenship**

*Pupils should be taught...*

###### **Key Stage 1:**

- 3a how to make simple choices that improve their health and wellbeing
- 3c how some diseases spread and can be controlled
- 5c take part in discussions (for example, talking about topics such as 'where our food and raw materials for industry comes from')
- 5d make real choices (for example, between healthy options in school meals)

###### **Key Stage 2:**

- 3a what makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health, and how to make informed choices
- 3b that bacteria and viruses can affect health and that following simple, safe routines can reduce their spread
- 5c participate in decision-making processes
- 5d make real choices and decisions

## **Science**

*Pupils should be taught...*

###### **Key Stage 1:**

- 2.2b that humans and other animals need food and water to stay alive
- 2.2c that taking exercise and eating the right types and amounts of food help humans to keep healthy

###### **Key Stage 2:**

- 2.1 a that the life processes common to humans and other animals include nutrition, movement, growth and reproduction
- 2.2 a about the functions and care of teeth
- 2.2b about the need for food for activity and growth, and about the importance of an adequate and varied diet for health