



Long Lawford Primary School

Whole School Food Policy

Adopted by Resources committee June 18th 2015

'It is widely known that a healthy, balanced diet is vital for children's growth and development and for their long-term health and well-being. We know also that there is a well-documented relationship between poor health, nutrition and low school achievement. This is particularly important in early years when lifetime habits are formed. Schools therefore play an important role in educating children in the importance of a balanced diet and a healthy lifestyle, providing healthy and nutritious food choices and giving constant health messages'. from 'Health Food for Healthy Outcomes: Food in Schools Policy'.

Introduction

At Long Lawford Primary School we recognise the importance of a healthy lifestyle and diet, and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. We also recognise that there is a strong link between a healthy diet and effective learning.

Our vision for our pupils includes our aspirations for 'all children to be healthy, active and valued'. We are a caring school (ACE), whose values are built on mutual trust and respect for all. This policy is designed to ensure that all members of the school community are aware of our healthy school aims and targets.

Our school is an accredited healthy school. This policy should be read alongside the school's PSHE, drug, and sex and relationship policies.

Whole School Food Mission Statement

To influence and improve the health of the whole school community by providing pupils and their families with ways to establish and maintain lifelong healthy eating habits that benefit both themselves and the environment. This will be accomplished by providing high quality food education and ensuring we deliver a consistent message with regard to food and a healthy lifestyle throughout the school day.

Aims and Objectives

At Long Lawford we aim to:

- Improve the health of our school community by influencing their eating habits through increasing their knowledge and awareness of a healthy diet, and how to ensure that the food is prepared hygienically and safely;
- To give our children, parents, carers and staff the information they need to make healthy choices;
- To ensure that we are giving a consistent message 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 school and to make the provision and consumption of food an enjoyable and safe experience;
- To build the confidence of parents, carers and pupils in the school meal service;
- To support the provision of healthy packed lunches and snacks;
- To ensure that the food provision in school reflects the ethical and medical needs of staff and pupils, e.g. catering for religious groups and vegetarians and people with food-related allergies and intolerances.

The Curriculum

The school will enrich children's experience of food, physical exercise and healthy balanced diets through its Science, PSHE, RE, PE and DT curriculum. A range of skills and understanding will be developed through a range of teaching approaches and resources.

Curriculum content will focus on:

- The importance of food groups and the role they play in promoting growth;
- The development of strong healthy bodies;
- What constitutes a balanced diet and the proportions advocated by the 'balance of good health' model;
- An understanding of cultural diversity;
- The development of respect and understanding towards the beliefs and attitudes of others;
- The importance of certain foods, meals and celebrations within religions;
- The sustainability of our food supply and the effect on our planet.

Our topic-based curriculum, as well as assemblies will also be used to explore health and food related issues. Children learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science and PSHE curriculum.

In the Foundation Stage and Key Stage 1 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

Key Stage 2 children have access to practical food sessions within the school day and an After-School Fun Food Club led by a trained Home Economist, who teaches children practical skills in food preparation and cooking using fresh produce and helping to introduce them to a wider variety of fresh foods and how they can be used to make simple, tasty dishes. We encourage children to taste the foods and dishes they make and to take recipes home, building up a collection of dishes they can make again, with minimal adult support.

We are aiming to establish a cultivated area where fruit, vegetables and herbs can be grown and used in practical sessions. We already have a number of fruit trees which produce a variety of fruit children can pick and use in their practical sessions.

The Dining Environment

The school is committed to providing a welcoming eating environment that encourages the positive, social and cultural interaction of pupils and staff.

It is also committed to the following:

- Help for children (particularly young children) who find the physical process of school dinners or packed lunch's difficult – e.g. carrying trays, opening tubs or packets;
- Encouraging all children to eat the food they have been provided with;
- Provision of water jugs, containing clean water and beakers;
- Encouraging children to wash their hands before eating.

School Meal Provision and Packed Lunches

Children in Foundation Stage 2 and Key Stage 1 will have the choice of a hot school meal or a school packed lunch from September 2014 as part of the Universal Free School Meals Provision.

Children in KS2 have the choice of purchasing a school meal or bringing a packed lunch from home.

We are committed to:

- Creating a sociable dining environment and encouraging the development of good table manners;
- Encouraging children to take their time to eat their dinner and to eat what has been provided.
- Providing a balanced menu that is compliant with the Government standards for school lunches.
- Ensuring that the service is assessable to all pupils and that their dietary needs, due to medical, cultural or religious reasons are catered for appropriately.
- Using feedback from parents and pupils, via the school council and taster sessions to develop menus that are nutritionally sound and provide choices that the children want to eat.
- Monitoring and evaluating the food provision and seeking feedback from parents and children.

Parents and carers of Key Stage 2 children are encouraged to support the school's healthy eating policy by providing a healthy, balanced packed lunch in accordance with our packed lunch policy.

Provision of food and drink during the school day

Breakfast is an important meal of the day. During Key Stage 2 SATs week we provide a healthy and substantial breakfast for Y6 children. Choices are cereal, croissants, toast, fruit juices with sausages and bacon sandwiches offered on the final day.

Key Stage 2 Children may bring in a healthy snack from home to eat at morning break or purchase toast, fruit, yogurt, milk shakes and fruit juices from our healthy tuck shop provided by the school kitchen.

Key Stage 1 children are provided with a portion of fruit or vegetable through the National School Fruit and Vegetable Scheme.

Everyone has a right to access clean drinking water. We encourage children and staff to drink water at school.

Food Hygiene

Children are always reminded about the importance of hand washing before eating or handling food. Whenever children work with food in the classroom they are helped to follow basic hygiene routines including: using clean equipment, always washing hands before and after working with the food, using an individual spoon etc when tasting food.

Monitoring

The Senior Leadership Team, Catering Team, classroom staff and lunchtime staff members, monitor this policy in school on a day-to-day basis. The Local Authority is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

Evaluation of the progress, made by the school in implementing and sustaining the aims and objectives of this policy, will be made by the governor with responsibility for healthy schools and the Head teacher.

Review

This policy will be reviewed regularly by our Governors and in response to any legislative or governmental changes regarding school food and will be published on the school website.