

Fallings Park Primary School **Food Policy**

Introduction

In our school we are committed to giving all pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHCE, Drug and SRE policies. The school supports the campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

We have used the following approach to identify which areas we need to change in order to develop a more healthy approach to the issue of food in our school:

How well are we doing?

How well should we be doing?

What more could we do to improve?

What must we do to make this happen?

What action should we take and how do we review progress?

Fallings Park Primary School is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community

Settings for Food Policy

Breakfast Club

Breakfast Club operates on daily basis in the school for all children. The food offered is healthy and is consistent with a healthy diet. We provide toast, bread, low fat spread, toppings and occasionally fruit. Children choose from water or fruit juice to drink.

Snack

All our under 5's are entitled to milk which is organised by the Early Years staff. Both foundation stage and key stage 1 include a morning break time snack of fruit for all children, which is shared in a family setting for all class members. The school is part of the Government initiative to provide all key stage 1 pupils with free fruit and vegetables during the day. Children are given the responsibility for passing the fruit to

others and for helping to clear away. Key stage 2 are also provided with fruit at break time which they pay a nominal amount for.

School Dinners and Packed Lunches

All our school meals are prepared daily on site and follow a three week rota advised by the Shires . Fresh fruit and salad is available each day as a choice for children. All food available pays regard to nutritional balance and healthy options.

School Staff are encouraged to eat a school dinner with the children and discuss healthy options and choices with the pupils they sit with.

As part of our pledge to be healthy, children are asked to drink water or sugar free drinks with their dinner. High sugar drinks are not allowed in school. The school follows the guidance of the School Food Trust regarding drinks in school. A copy is available on their website at: www.schoolfoodtrust.org.uk

Many children bring packed lunches to school. The school suggests healthy options to be included in lunch boxes and is based on the guidelines set out by the Schools Food Trust for drinks allowed.

Water for All

Water is freely available throughout the school day to all members of the school community. Bottles or cups are provided for all pupils.

Food across the Curriculum

Throughout the school 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.

English lessons provide children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus.

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

Science provides opportunities to learn about types of food, 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.

ICT can afford pupils the opportunity to research food issues using the internet. 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.

Geography provides 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 in 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. visiting activity centres.

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 support and reinforce the other.

Parents and carers are updated on our drinks and packed lunches policies. We ask parents not to send in fizzy and energy drinks. During out of school events e.g. visits and school discos the school encourages parents and carers to consider the food policy in the range of refreshments offered to the children.

Role of the Governors

Governors will monitor and check that the school policy is upheld

Monitoring and Review

All staff are responsible for the curriculum development of the Food Policy. The Headteacher is responsible for supporting colleagues in the delivery of the Food Policy

This policy will be reviewed annually and shared with staff and the governing body.

This policy was updated in September 2021