



HARTWELL PRIMARY SCHOOL

Food Policy

Agreed by Governors: **Awaiting ratification** **Review date:**

Aim

We aim 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. Through effective leadership, the school ethos and curriculum, we aim to create an environment which supports a healthy lifestyle and celebrates cultural diversity.

Objectives

In support of our aim we will:

- promote health awareness
- contribute to the healthy physical development of all members of our school community
- give consistent messages about food and health
- give our pupils the information they need to make healthy choices
- ensure that all aspects of food and nutrition in school promote and improve the health and well-being of the whole school community; influencing their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet
- ensure that every pupil has access to safe, tasty and nutritious food by using fresh fruit and vegetables for snack
- provide a safe, easily accessible supply of drinking water during the school day
- ensure that the provision and consumption of food is an enjoyable and safe experience; encouraging positive social and cultural interaction whilst reflecting the ethnic, religious, vegetarian and medical needs of pupils and staff.

Settings for the School Food Policy

In accordance with the aims and objectives of this policy, the policy will apply to the following areas:

Snack

Snack is provided during the morning session. It consists of a choice of milk or water to drink and a piece of fruit or vegetable and meets the school food standards. Fruit sourced by the school is, where possible, obtained locally. Reception and Key Stage 1 children receive a free piece of fruit or vegetable from the Government Fruit and Vegetable scheme. The school extends the provision of fruit and vegetables to children in Key Stage 2 for which parents are asked to make a small financial contribution. Parents of children eligible for free school meals are not asked for a contribution. Pupils not involved in the fruit scheme are asked to bring in a healthy snack of their own.

Food Allergy

The school considers the needs of food-allergic pupils and has developed appropriate procedures in all areas of the curriculum and beyond, ensuring that affected children are not unknowingly exposed to food allergens like nuts and seeds during schools hours. These considerations apply and are promoted to the whole school community.

Water

A plentiful supply of drinking water for children is recognised as improving behaviour and concentration. Drinking water is freely available, with chilled drinking water machines installed in several areas of the school. The children are regularly reminded to drink water especially during warmer weather and are taught/reminded about the importance of hydration.

Hot meals

Hot lunches are available for all pupils and are provided by Nourish. Nourish offers a variety of meals across a three week cycle. The meals are nutritionally balanced and have been created to meet the standards set by the Children's Food Trust. Hot dinners are free for children within class R, and KS1. Children in other year groups can be provided with a hot dinner for £2 per day. Some children in other year groups will be eligible for free school meals.

Eating Environment

Packed lunches are mainly eaten at dining tables in the school hall though the classrooms are used on days where different circumstances prevail. In all situations we aim to provide a calm, ordered environment conducive to mutual respect and good behaviour, promoting social and community cohesion. The school is also committed to:

- encouraging children to wash their hands before eating
- encouraging all children to eat the food they have been provided with
- ensuring, that on the grounds of safety, all children remain seated until they have finished eating
- actively helping children who find some aspects of packed lunch difficult, e.g. opening tubs, packets, cartons or bottles

Children in Year 6 are chosen to support and assist children in our Reception class during the lunchtime period.

On summers days children are allowed to “picnic” in the school grounds. During this time they are encouraged to ensure that all food stays in their lunch boxes and these are used as the surface to eat from.

Waste

In order to enhance the children's understanding of the importance of recycling we have compost bins adjacent to the school garden. Children are encouraged to put the waste from their fruit snacks etc into specific bins on the playground in order that this can be transferred to these compost bins. The school gardening club will eventually use this compost to help in the growing of their produce.

Celebrations and Festivals

We believe it is important to celebrate cultural, personal or community events and recognise that food has a role in such celebrations as birthdays, religious festivals, or end of term events. Any food provided at such events complies with this policy and fits within a long term well balanced diet.

Curriculum

The curriculum plays a central part in informing and enriching pupils' experience of food and healthy eating. Curriculum content includes the following:

- the importance of food groups and the role they play in promoting growth
- the development of a strong healthy body
- what constitutes a balanced diet
- how food is produced
- an understanding and appreciation of cultural diversity
- the development of respect and understanding towards the beliefs and attitudes of others

Visits by outside agencies such as the Life Education Bus also promote health awareness. In addition, whole school and class assemblies are an opportunity to explore health and food related issues.

Beyond the Curriculum

We offer a wide range of extra-curricular activities which support a healthy lifestyle and to which the aims and objectives of this Food Policy apply.

Gardening Club

We aim to teach children about the importance of taking responsibility for the future of their own environment and the school garden is an excellent opportunity for this. Pupils actively participate in our school gardening club where they not only work towards creating a stimulating place in which to learn, but also learn how to care for this environment whilst developing their knowledge of where food comes from. This project is supported by Mrs Webster the school's Site Supervisor and produce is sold to the school community. Our aim is to eventually use our own produce as ingredients for our cookery club. The whole school is proud of our garden and grounds.

Sports Clubs

Sports clubs take place at various times throughout the academic year. These include team sports, athletics, gymnastics and dancing and aim to contribute to the healthy physical development of pupils.

School Council

The School Council were involved in the development of the school Food policy and will continue to take responsibility for ongoing aspects related to food in school in line with the policy itself.

Partnership with parents and pupils

The partnership of home and school is vital in shaping how children behave, especially where health is concerned.

Parents and carers are requested to inform the school of any health or food requirement their child has. Parents, carers and pupils are regularly updated on events and issues relating to health and food through school and class newsletters. During after school events e.g. discos, movie nights, the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children.

Monitoring and Review

The Healthy Schools Leader is responsible for monitoring that we meet our objectives as detailed in this Food policy. The Headteacher will meet with the School Council to gather feedback from the pupils on aspects of food and nutrition. The Headteacher is responsible for supporting staff in the delivery of the Food policy. The Governing body monitors the policy into practise.

The policy will be reviewed bi-annually.

L Everitt (December 2015)