

*Greenleys Junior School*



LEARNING *for* LIFE

# Food Policy

<b>Date of Approval:</b>	<b>12 February 2019</b>
<b>Date of Next Review:</b>	<b>February 2021</b>
<b>Signed: Executive Headteacher</b>	<b>M Talbot</b>
<b>Signed: Chair of Governors</b>	<b>M Hall</b>

## Introduction

In our school we are committed to giving all our 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 in conjunction with Year Group curriculum plans.

The Department for Education has produced a revised procedure of the “School Food in England” document, dated **July 2016**. It is the governors’ responsibility to ensure food is provided in school and that all food standards are met.

The school supports the '5 a day' 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 what areas we need to change 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 should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

## Rationale

Greenleys Junior 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; and
- To encourage all children to take part in the '5 a day' campaign

## Settings for Food Policy

### Breakfast club

Breakfast Club operates on a daily basis in the school for all children. The food offered is healthy and is consistent with a healthy diet. We provide toast, bread (white and brown,), low fat spread, fruit jam, marmite , low salt/low sugar fortified cereals (occasionally including Coco Pops/Sugar Puffs as a choice) and also a choice of a healthy cooked breakfast. Children choose from water or milk to drink.

### **School lunches and packed lunches**

Lunches are freshly prepared daily on the premises. All meals comply with the latest Government nutritional guidelines and regulations.

### **Water for all**

Cooled fresh water is freely available throughout the school day to all members of the school community. No water fountains are located inside toilet blocks.

### **Milk**

Schools must make milk available free of charge to all those pupils entitled to free school meals and charges can be made for all other pupils. The school must ensure that lower fat or lactose reduced milk is available at least once a day.

### **Food across the Curriculum**

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.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.

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

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise. Children learn about nutritional needs related to medical conditions e.g. food allergies, diabetes.

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 and other electronic resources. 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.

PSHE encourages young people to take responsibility for their own health and wellbeing, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

Geography provides a focus on the natural world and changing, 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. to activity centres.

Cookery is a regular activity throughout the school. During food preparation we ensure that children wash their hands and that are clean and hygienic and the sink is used only for food preparation activities.

### **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 reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are updated on our water and packed lunch policies as required. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash. We also ask parents not to send chocolate bars and sweets in their child's lunch box.

Staff monitor the contents of lunch boxes and if there are any concerns, will talk to the child/parents to encourage a more healthy option.

### **Role of the Governors**

Governors monitor and check that the school policy is upheld.

### **Monitoring and review**

The catering manager is responsible for ensuring that the food served is in accordance with this policy. All staff are responsible for the curriculum development of the food policy. The Head of School is responsible for supporting colleagues in the delivery of the Food Policy.