

Whole school Food policy

Aim

The aim of the whole school food policy is to encourage a holistic approach to healthy eating and food and nutrition throughout the whole school.

Water provision

In line with government recommendations, we will provide drinking water for all of our pupils.

This will be achieved by:-

- *Allowing pupils to have water cups in the classroom and allowing access to them at certain times throughout the day*
- *Providing water at breaktimes and lunchtime for children*
- *Ensuring pupils have time to wash their water cups every day.*

Dining room environment

We will endeavour to maintain an environment conducive to healthy eating.

This will be achieved by:-

- *Using artwork/posters to promote healthy eating to decorate the dining room*
- *Ensuring each pupil has enough time to choose and eat their lunch*
- *Encouraging children to choose healthy items from the menu*
- *Making time for pupils to wash their hands before eating their lunch*
- *Ensuring there is adequate provision for litter to be disposed of*
- *Ensuring that those pupils wishing to bring packed lunches have a suitable place to store them in*

Packed lunches

We will consult with parents and pupils to form an agreement on the types and amounts of foods which should be included within packed lunches.

This will be achieved by:-

- *Discussing with children what they have in their packed lunch and encouraging healthy choices*
- *Distributing a guide to suitable foods that should be included in packed lunches following government recommendations*
- *Regular contact with parents to discuss new ideas and ensure pupils are enjoying the foods they bring to school*

Break time snacks

We will, in agreement with parents. Not allow crisps, biscuits, chocolate and fizzy drinks as break time snacks and encourage suitable snacks such as fruit, vegetables, milk and water.

This will be achieved by:-

- *Following the long standing school rules that are laid out in the school prospectus*
- *Ensuring crisps, chocolate, biscuits, and fizzy drinks are not available for pupils to buy on school premises*
- *Setting up a fruit tuck shop to allow pupils to purchase these at break times throughout the week*
- *Liaising with catering staff on the provision of healthy alternatives.*

Breakfast clubs

We will endeavour to serve healthy breakfast foods low in fat, salt and sugar every weekday morning through a breakfast club.

This will be achieved by:-

- *Consulting with parents and pupils to discuss suitable breakfast foods*
- *Following government recommendations for breakfast foods*
- *Liaising with catering staff*

After school clubs

If snacks are served in after school clubs they will follow the break time snacks policy.

This will be achieved by:-

- *Consultation with parents and pupils to discuss suitable after school club snacks*
- *Ensuring crisps, chocolate, biscuits and fizzy drinks are not available for pupils to buy on school premises*
- *Liaising with catering staff if applicable*

School meals

In line with government recommendations, will we provide healthy, nutritious lunch time foods.

This will be achieved by:-

- *Being available to consult with parents and pupils to discuss items that should be made available*
- *Following government recommendations*
- *Liaising with catering staff*

The curriculum

Healthy eating, food and nutrition will be taught to all pupils through various lessons in the curriculum.

This will be achieved by:-

- *Consultation with teachers to combine healthy eating, food and nutrition lessons into each subject area whenever possible*
- *Reviewing the formal curriculum*
- *Using artwork/posters/poems/stories to promote healthy eating in the dining room*
- *Engaging with outside agencies to help deliver the healthy eating message e.g. school nurse engaging with parents as to healthy packed lunch etc. Big Cook Little Cook - pupils & family members learn how to cook healthy, nutritious and cost effective food.*

Commercial activities in schools

Commercial activities will only be undertaken by the school if they bring sufficient benefit to the school without compromising healthy eating messages.

This will be achieved by:-

- *Consultation with providing company to check rules, regulations, advertising, terms and conditions of the scheme*
- *Consultation with teachers, parents and pupils*

Monitoring and Evaluation

The whole school food policy will be monitored and evaluated in the following ways:-

- *Looking at curriculum schemes of work. Ensuring they contain up to date information regarding healthy eating and food and nutrition*
- *Reviewing weekly menus from breakfast club/school meals service*
- *Feedback from pupils through questionnaires and discussion groups*
- *Reporting on the numbers using the breakfast club/school meals service*
- *Ensuring the whole school food policy is on the agenda at school council meetings and using the minutes for monitoring and evaluation*

This policy will be reviewed every 2 years