



Whiston
Junior & Infant School

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Part of White Woods Primary Academy Trust



Engaging Minds Developing Lives

Whole School Food Policy

Reviewed by SLT: March 2017
Approved by Governing Body: March 2017
Review Date: March 2019

Whole School Food Policy adapted for Whiston Junior and Infant School

School Aims

The school aims to provide quality education for children between four and eleven years of age. Our aim is to provide high standards of teaching and learning through:

- A rich, broad, balanced and creative curriculum which sustains the engagement of all learners.
- Operating an environment which is safe, healthy, caring and supportive for everyone.
- Encouraging self-reliance and pride in all achievements.
- Developing learning skills and a love of learning, including the ability to question, enquire and be independent in their approach to learning.
- Promoting the development of tolerance and respect for others, regardless of race, creed or gender and ensure that all learners have equality of opportunity.

Introduction to School Food Policy

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 alongside the school's PSHCE, drug, and sex and relationship policies.

The school supports the '5-A-DAY' campaign to encourage children to eat five 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

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 that supports a healthy lifestyle. Our school is an accredited 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. We also provide free fresh fruit for all our children and free water bottles with access to filtered fresh water.

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

- To encourage all children to take part in the '5-A-DAY' campaign

Breakfast club

We have a breakfast club operating on the school premises, although we find it is not often taken advantage of. We share our food policy with them and ask them to work in a way that supports our aims and objectives. Providing a healthy and nutritious breakfast while offering the widest selection they can.

Snack

All FS2 and KS 1 classes include a morning breaktime snack of cut and washed fruit to all children, in FS it is shared in a family setting for all class members. Children are given responsibility for passing the fruit to others and for helping to clear away. We take part in the Government initiative to provide all infants with free fruit and vegetables during the day. KS2 are given a choice of free fruit and vegetables to eat at playtime — no other snack is encouraged during break.

School lunches and packed lunches

All our school meals are provided by a contracted caterer who has a healthy-food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a vegetarian and non-vegetarian option, both of which pay regard to nutritional balance and healthy options.

Many children bring packed lunch to school. We regularly include newsletter items about the contents of these and we discourage sweets, chocolate bars (although we do allow chocolate covered biscuits at present) or fizzy drinks.

Water for all

Water is freely available throughout the school day to all members of the school community. No water fountains are located inside toilet blocks. The school **gives free** water bottles and children are expected to fill them at home on a daily basis. Children may drink their water at any time except during the 15-minute assembly. FS2 children are also reminded to drink water at their snack time.

Food across the Curriculum

In FS2, KS 1 and KS2, 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 topics provide 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 locally grown or organic 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.
- 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. Pupils are also able to discuss issues of interest to young people, e.g. advertising and sustainable development.
- PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image.
- 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.

Extended learning opportunities and gardening clubs from time to time and all the children have a class jubilee garden plot in which they can grow food. We use the fruit and vegetable waste generated by our snack project to make our own compost. School visits provide pupils with activities to enhance their physical development, e.g. to 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 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 through school and class newsletters and visit letters. 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.

Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and review

The headteacher and PSHE manager are responsible for supporting colleagues in the delivery of the food policy. **DOLCE** is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

This policy will be reviewed **bi-annually** or to take account of new developments and will work alongside our Physical education and PSHE action planning