

# FELSTED PRIMARY SCHOOL

## WHOLE SCHOOL FOOD POLICY



Nurturing today's minds for tomorrow's challenges

- Be Respectful
- Be positive
- Be the best you can be
- Save our world!

To be reviewed July 2022



# WHOLE SCHOOL FOOD POLICY

## 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 alongside the school's PSHE, Sex and Relationship Policies.

Felsted Primary school supports the '5 a day' campaign (at least!) to encourage children to eat 5 portions of fruit and/or 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?
- How do we review and evaluate progress?

Through effective leadership, the school ethos and 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
- To encourage all children to eat at least '5 a day'

## Snack

The 'Cool Milk' scheme is available to all children, upon a termly charge.

All FS and KS1 classes include a morning breaktime snack of cut and washed fruit to all children (as part of the Government initiative to provide all infants with free fruit and vegetables during the day).

KS2 children are recommended to bring in their own snack of fruit which they eat in the classroom at a designated time.

Sweets or treats will not be given out by staff as part of a child's birthday celebrations.

Sweets/cakes will be permitted for fund raising events and special fun days and school fetes.

## 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 hot meal, prepared on site, which pays regard to nutritional balance to healthy options and also caters for children with allergic reactions. We also aim to source environmentally-sustainable food.

Many children bring packed lunch to school. The children are allowed to include all food choices in their lunch box, except fizzy drinks. It is hoped to promote a healthy option through sample lunch box menus and websites and keep parents informed through newsletters and induction days for new starters. Only one chocolate treat may be included in a lunch box. Nut containing foods are not allowed so children with allergies are not put at risk.

## Water for all

Water is freely available throughout the school day to all members of the school community. Water only is permitted during the day and children may drink their water at any time except during assembly. FS and KS1 children are also reminded to drink water at their snack time. Juice is available with lunch if the children choose. Fizzy drinks are not allowed.



# FOOD ACROSS THE CURRICULUM

In FS, KS1 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 and farming. They also need to know about shopping, preparing and cooking food.

**Literacy** provides children with the opportunity to explore poetry, instruction, 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, data handling about favourite foods and surveys about food choices.

**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. Also, how food changes when it is cooked, seasonal variations and conditions for growth.

**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.

**Computing** can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils may 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 pupils 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. Pupils are able to discuss issues of interest to young people, e.g. advertising and the role of the media.

**Humanities** 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 that rely on growing food as their source of income. History provides insight into changes in diet and food over time.

**P.E.** 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.

**Extra Curricular Activities** - a variety of activities promote physical and emotional well being. These currently include a range of sports clubs.



# STAKEHOLDERS

## **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 regularly updated on our water and packed lunch policies through school and class newsletters. 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 influence and approve the policy, ensuring strategic alignment. Governors monitor and check that the school policy is upheld.

## **Monitoring and Review**

Subject leaders are responsible for the curriculum development of the Food Policy. The Headteacher and the PSHE subject leader are responsible for supporting colleagues in the delivery of the Food Policy. The L.A. is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

This policy will be reviewed regularly to take account of new developments.