



WITHCOMBE RALEIGH C OF E PRIMARY SCHOOL WHOLE SCHOOL FOOD POLICY

REVIEWED JANUARY 2018

Rationale

At Withycombe Raleigh C of E Primary School we recognise the importance of a healthy lifestyle and diet, and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. We also recognise that there is a strong link between a healthy diet and effective learning.

Our vision for our pupils includes our aspiration for “all children to be healthy, active, and valued”. We are a caring school, whose values are built on mutual trust and respect for all. This policy is designed to ensure that all members of the school community are aware of our healthy school aims and targets.

Whole School Food Mission Statement

To influence and improve the health of the whole school community by providing pupils and their families with ways to establish and maintain lifelong healthy eating habits that benefit both themselves and the environment. This will be accomplished by providing high quality food education and ensuring we deliver a consistent message with regard to food and a healthy lifestyle throughout the school day.

Aims and Objectives

At Withycombe Raleigh C of E Primary we aim to:

- Improve the health of our school community by influencing their eating habits through increasing their knowledge and awareness of a healthy diet, and how to ensure that the food is prepared hygienically;
- To give our children, parents and staff the information they need to make healthy choices;
- To ensure that we are giving a consistent message about food and health throughout the school day and maximise opportunities to promote a healthy diet;
- To ensure that the food and drink available throughout the school day meets government standards for food in school and to make the provision and consumption of food an enjoyable and safe experience;
- To build the confidence of parents and pupils in the school meal service;

- To support the provision of healthy packed lunches and snacks;
- To ensure that the food provision in school reflects the ethical and medical needs of staff and pupils, eg catering for religious groups and vegetarians and people with food-related allergies.

The Curriculum

The school will enrich children's experience of food, physical exercise and healthy balanced diets through its Science, PSHE, PE and DT curriculum. A range of skills and understanding will be developed through a range of teaching approaches and resources. Curriculum content will focus on:

- The importance of food groups and the role they play in promoting growth;
- The development of strong healthy bodies;
- What constitutes a balanced diet and the proportions advocated by the 'balance of good health' model;
- An understanding of cultural diversity;
- The development of respect and understanding towards the beliefs and attitudes of others;
- The sustainability of our food supply and the effect on our planet.

Theme weeks, reward schemes and assemblies will also be used to explore health and food-related issues.

The Dining Environment

The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and staff.

It is also committed to the following:

- Help for children (particularly young children) who find the physical process of school dinners or packed lunches difficult – for example, carrying trays, opening tubs or packets;
- Encouraging all children to eat the food they have been provided with;
- Provision of water jugs, containing clean water and beakers;
- Encouraging children to wash their hands before eating.

School Meal Provision and Packed Lunches

Children in Foundation and KS1 have a school meal as part of the Universal Free School Meals provision.

Children in KS2 have the choice of purchasing a school meal or school packed lunch or bringing a packed lunch from home.

We are committed to:

- Creating a sociable dining environment and encouraging the development of good table manners.
- Encouraging children to take their time to eat their dinner and to eat what has been provided.
- Providing a balanced menu that is compliant with the Governments standards for school lunches.

- Ensuring that the service is accessible to all pupils and that their dietary needs, due to medical, cultural or religious reasons are catered for appropriately.
- Using feedback from parents and pupils, via survey monkey, the school council and taster sessions to develop menus that are nutritionally sound and provide choices that children want to eat.
- Monitoring and evaluating the food provision and seeking feedback from parents and children.

Parents of KS2 children are encouraged to support the school’s healthy eating policy by providing a healthy, balanced packed lunch in accordance with our Packed Lunch Policy.

Provision of food and drink during the school day

Breakfast is an important meal of the day. Our Breakfast Club includes the provision of a nutritious breakfast for pupils before the school day.

Children are encouraged to bring a healthy snack in from home to eat at morning break. KS1 children are provided with a portion of fruit or vegetable through the National School Fruit and Vegetable Scheme.

After-school care is currently provided by FISH and they also follow the school food policy.

Everyone has a right to access clean drinking water. We encourage children and staff to drink water at school.

Milk at break time is available daily for children who have booked to have milk. This is provided through Cool Milk. The School pays for milk for children entitled to Free School Meals and it is free for under 5s.

Food Hygiene

Children are always reminded about the importance of hand washing before eating or handling food. Whenever children work with food in the classroom they are helped to follow basic hygiene routines including; using clean equipment, always washing hands before and after working with the food, using an individual spoon etc. when tasting food.

Monitoring

The Senior Leadership Team, Catering Team, classroom staff and lunchtime staff monitor this policy on a day-to-day basis.

Evaluation of the progress, made by the school in implementing and sustaining the aims and objectives of this policy, will be made by the governor with responsibility for healthy schools and the Headteacher.

Review

This policy will be reviewed regularly by our Governors and in response to any legislative or governmental changes regarding school food and will be published on the school website.

Signed(Chair of Governors) Date