



East Herrington Primary School

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.

Rationale:

East Herrington 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

Settings for food policy:

We do not use vending machines in our school. Currently we do not run a tuck shop, but if we decide to do so in the future, the food policy would be applied to all items sold.

Breakfast Club and After School Club:

The Breakfast and After School Club operate on a daily basis during term time. For breakfast we provide toast, low fat spread, fruit jam and low salt / low sugar fortified cereals. Children choose from water, orange juice and apple juice to drink.

The After School Club provides a tea time snack for pupils. The snack follows appropriate nutritional guidelines and includes;

Snack during the School Day

Nursery children have milk to drink, this is organized by nursery staff. All Foundation Stage and Key Stage 1 children have 'snack' in the morning. The snack provided is fresh fruit. Key Stage 2 children bring fresh fruit that they can eat at break time.

All our school meals are provided by the Local Authority contracted caterer and are planned to meet government nutritional guidelines.

Many children bring packed lunch to school. We produce newsletter items about the contents of these and we do not allow sweets, chocolate bars or fizzy drinks.

Water for All:

We encourage children to bring bottled water to school and they have free access to this throughout the school day, except during assemblies. At lunch time water is available in the dining room.

At present toilets are being replaced and water fountains will be removed from the toilets during this process.

Food Across the Curriculum:

In Foundation Stage, Key Stage 1 and Key Stage 2, 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.

Raising pupils awareness of food and healthy eating links to many areas of the curriculum. The following are identified within the Key Stage 1 and Key Stage 2 curriculum entitlement:

- ✓ Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients 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 provides the opportunity for pupils to research food issues using the internet. 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.
- ✓ PSHCE 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.
- ✓ Geography provides a focus on the natural world and changing environment, encouraging pupils to think about children in other countries and impact poor harvest etc may have on their well being.
- ✓ 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, swimming etc.
- ✓ School visits also provide pupils with activities to enhance their physical development eg. 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. Parents and carers are updated on our water and packed lunch policies through school newsletters. We ask parents not to send fizzy drinks and we remind them that only water can be drunk during the school day, except at lunch time when children may drink juice or squash.

Role of Governors

Governors monitor and check that the school policy is upheld, they also offer feedback from parents.

Monitoring and Review.

The Breakfast and After School Club manager is responsible for ensuring that the food served is in accordance with this policy. The headteacher and PSHE manager are responsible for supporting colleagues in the delivery of the food policy. The Local Authority is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

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