

WESSEX PRIMARY SCHOOL

POLICY DOCUMENT - WHOLE SCHOOL FOOD POLICY

Introduction

This policy document outlines the purpose, nature and management of the school's food policy. It reflects the view of all teaching staff and was drawn up as a result of staff discussion. It has the full agreement of the Governing Body who approved it at their meeting in June 2007. The implementation of the policy is the responsibility of all the teaching staff and will be monitored by the Headteacher and PSCHE subject leader. This policy will be reviewed regularly.

Rational

Wessex Primary School is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness at every opportunity with the school community. We provide a valuable role model to pupils and their families with regard to food choices and healthy eating patterns. Through effective leadership, the school ethos and the curriculum, school staff can create an environment which supports a healthy lifestyle.

In our school we are committed to giving our pupils consistent messages about all aspects of health in order to help them understand the impact of particular behaviors and to encourage them to take responsibility for the choices they make. The school supports the '5 a day' campaign and encourages children to eat 5 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.

Aims

- 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

A breakfast club will start in September 2007.

Snacks

Children are encouraged to bring fruit to eat at morning playtime. We take part in Government initiative to provide all children under 7 years old with free fruit and vegetables, which are eaten in the classroom.

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 agreement. The daily menu includes provision of fresh fruit and vegetables daily. A choice of hot meals is provided, all of which pay regard to nutritional standards.

Many children bring packed lunch to school. We regularly remind parents that a packed lunch should incorporate a sandwich and fruit and we do not allow sweets or fizzy drinks.

Water for All

Water is freely available throughout the school day to all members of the school community. Children who wish to do so bring a bottle of water to school each day. Regular water and brain breaks are built into the school day by the class teachers.

Food across the Curriculum

In FS, KS1 and KS2, there are a number of opportunities across the curriculum 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.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus.

Maths can offer the possibility of understanding nutrition labeling, calculating quantities for recipes, weighing and measuring ingredients, and data handling.

Science provides an opportunity to learn about the types of food available, their nutritional composition, 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 are aware of different foods associated with religious festivals.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources.

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 young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle. Children's views are consulted by involving the school council and class councils. Pupils are encouraged discuss issues related to food in school.

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.

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.

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.

Parents and carers are regularly updated on our water and packed lunch policies through school and class newsletters. Parents' views are consulted through questionnaires. 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. During out of school events, e.g. school discos etc., the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children.

Participation in National Events and Initiatives

The school is involved in the following initiatives; Healthy Schools programme, School fruit and vegetable scheme, Food awareness week, Organic fruit and vegetables scheme.

Children at Risk

The school has procedures in place which are followed when dealing with children who are at risk, for example those with allergies or dietary related conditions.

Role of the Governors

The governing body supports the implementation of this policy and regularly monitors the quality of school meals. It offers guidance when a member of the body has particular expertise in this area.

Monitoring and Review

The Head teacher and PSHCE subject leader are responsible for supporting colleagues in the delivery of the Food Policy. The LEA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

VP March 2007