



Ombersley Endowed First School

Policy on Food

1 Introduction

1.1 We are committed to ensuring that the children in our care grow into healthy adults, this being the first of the five principal requirements of the Children Act 2004 ('Every Child Matters'), i.e. that they:

- be healthy;
- stay safe;
- enjoy and achieve;
- make a positive contribution;
- achieve economic well-being.

1.2 The Governing Body recognises the important connection between a healthy diet and children's ability to learn effectively and achieve high standards in school. The Governors also recognise the role a school can play, as part of the larger community, to promote family health. Consequently, this school does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food. Our Whole-School Food Policy is designed to contribute a vital element to our strategy of creating a school environment in which children can thrive. We believe that it is only through a whole-school approach that the key messages about food and drink can be really effectively conveyed.

2 Aims and objectives

- To help children know and understand the importance of food and drink in a healthy lifestyle;
- To help children learn what healthy food is;
- To give children the skills they need to make the right choices with regard to food and drink;
- To promote the physical and emotional well-being of all our children;
- To improve the health of pupils, staff and their families by educating them in what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods;
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment;
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils in relation to religious, ethnic, vegetarian, medical and allergenic needs;
- To make the provision and consumption of food an enjoyable and safe experience;
- To work towards ensuring that this policy is accepted and embraced by the Governors, whole school staff, pupils, parents, and the wider community.

3 The curriculum

3.1 We will plan explicit teaching about healthy eating in our formal curriculum. For example, we will teach children about the preparation and cooking of healthy food in design

technology classes, while in geography lessons, children will learn where food comes from and how it reaches the shops. In science, we will teach about nutrition and the needs of a healthy body. Through mathematics, we will teach children to measure and calculate size and weight. In English, we will provide opportunities for children to discuss, read and write about health-related issues, for example: why some parts of the world have a surplus of food, while other parts have famine. In religious education, children will learn about how food is valued in different societies, and the part food plays in religious custom and practice. In physical education, children will have the opportunity to learn how their body reacts to exercise, and the importance of food and drink to participation in sport and dance. In PSHE, children will have the opportunity to reflect on food-related issues such as how food is advertised, and how we can enjoy treats without damaging our bodies, and how to keep ourselves healthy.

- 3.2 We also promote healthy eating through the informal curriculum. For example, we will promote healthy eating regularly in assemblies. We provide access to cool drinking water, and encourage all children to have a drinking bottle, with water, available at all times. We encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle. We organise a Year 4 residential visit to The Pioneer Centre, an outdoor pursuit centre, and provide opportunities for children to explore the natural world, especially through our regular Forest School. Our school site is utilised fully in the interest of the children's physical and emotional development through playground activities. We will also continue to promote the well-being of staff and pupils, through managing a positive environment which enhances emotional health and well-being.

4 The school environment

- 4.1 We ensure that our school environment promotes healthy eating. We discourage children from bringing sweets or chocolate into school at any time, and crisps are not recommended.
- 4.2 We rarely give sweets or chocolate as prizes or rewards in school.
- 4.3 We do not sell sweets or chocolate in the school day.
- 4.4 We encourage children to drink plenty of water by providing them with a water bottle for use at any time, access to cooled water, and regular opportunities to drink water throughout the day.
- 4.5 Children are encouraged to bring fruit to eat at break times if they wish to have a snack. They are not allowed to eat crisps or sweets. We provide fruit for Nursery, Reception and Key Stage One as part of the free fruit scheme.

5 School lunches

- 5.1 The parents of children who bring packed lunches will be made aware of our healthy-school policy, and given suggestions about what should be included in a healthy packed lunch.
- 5.2 Our hot lunches are provided by Baileys and they abide by Government regulation concerning salt and sugar. Healthy options are always available and the children are provided with balanced lunches. Reception and Key Stage One pupils have Universal Free School Meals: a hot meal provided each day.

6. Wrap-Around Care

- 6.1 The charge for Breakfast Club includes a healthy breakfast. Pupils make their own breakfast choices from a buffet style selection. The selection of food available has to follow the guidelines set out by the Food Standard Agency.
- 6.2 After School Club provides a healthy 'high tea', a menu is planned each week, again following the guidelines set out by the Food Standard Agency. The choices may vary from the menu from time to time depending on the amount of children that are in the club at any one time.

- 6.3 All food is prepared on site by members of staff who have Food Hygiene certificates. Children are not encouraged to bring along their own food or to share the food they have chosen.
- 6.4 **All** children in school have to complete an allergy food form that is kept by the staff of Wrap Around Care. These forms are to be completed at the beginning of each new year.

7 Role of parents/carers

- 7.1 We will work closely with parents/carers to enable the messages about food and drink we give in school to be reinforced and supported at home.
- 7.2 We encourage parents to respect our healthy food policy and to support it fully through the food they give their children to bring to school.
- 7.3 We will hold parent meetings with each new intake to explain to parents the importance we place on healthy eating, and why we endorse this policy.

8 Monitoring and review

- 8.1 The governing body will monitor this policy to ensure that our children are taught the importance of healthy eating. It will be reviewed at least once every two years.

Signed: *C. Moore*

Date: Updated September 2017

Review Date: Summer 2018