

Whaley Bridge Primary School

Whole School Food Policy

Why do we have a food policy?

- To ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to our school.
- To make it clear that this school actively supports healthy eating throughout the school day because there is an important connection between a balanced diet & a student's ability to learn effectively.
- To ensure the school plays its part in the larger community by helping to promote family health, and sustainable food and farming practices.

What do we want to achieve?

- To ensure that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- To ensure that the provision and consumption of food is an enjoyable and safe experience.
- To ensure that the whole school community understands that a balanced diet is recommended.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To increase pupil, parent & staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To ensure that wherever possible, food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs. Where such provision is not possible, this will be communicated to the parents/guardians of those concerned.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

How our Food Policy is implemented.

1. School Ethos
2. Curriculum
3. Birthday/Holiday Gift Food
4. Water
5. Breakfast Club/ After School Club
6. Break time
7. Lunchtime
8. Staff & Visitors
9. School Visits & Events
10. Community Involvement
11. Enforcement

School Ethos

The importance of a balanced diet is consistently communicated throughout the school day including trips & events. Staff are also encouraged to participate & model healthy eating as a valuable part of daily life.

It will be made clear that the emphasis placed on a balanced diet is to enable safe & effective learning as well as providing a foundation for good health.

Curriculum

PSHE, Geography, Science, Food Technology, RE & Languages may all contribute to the curriculum delivery of food education based on the principles laid out in *What do we want to achieve?*

Curriculum delivery will involve practical food experience delivered by properly trained staff & will be adequately resourced.

Curriculum delivery will briefly cover an understanding of the contents of food products in respect to allergy.

It may be appropriate for a wide variety of foods to be prepared & consumed within the curriculum or at a celebration. At such times food hygiene principles are followed. It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds. The context of a balanced diet makes this entirely appropriate provided everyone's dietary needs are met. Foods containing high levels of fat, sugar & salt will be avoided.

Unhealthy foods will not be used as rewards in quantities and frequency that would not be considered acceptable as part of a component of a healthy balance diet.

Birthday/Holiday Gift Food

Parents sometimes wish to give out birthday food or food brought back from a holiday. Children are told that this is an occasional treat.

Water

All pupils & staff have water freely available at all times & are able to refill bottles easily. Certain classrooms/subjects may wish to manage the intake of water for safety or behaviour management issues. This is acceptable as long as the principle above is fundamentally upheld.

Breakfast Club/After School Club

The food offered is consistent with the school policy & monitored by the Head.

Break time

At break times our pupils are only allowed to consume snacks brought from home and healthy choices are encouraged. Purchases of supervised PTA activities, usually on Fridays are allowed.

Water is encouraged at breaks as well as in the classroom. This is to ensure that pupils return to the classroom prepared & refreshed for learning.

Food or drink sold to the pupils is consistent with this policy and the government's non-lunch standards (including vending machines). These are no confectionary (e.g. chocolate, sweets, cereal bars, processed fruit bars, yoghurt/chocolate coated fruit), no savoury snacks (e.g. crisps, salted/sweetened nuts), and that a variety of fruit and vegetables should be available in all school food outlets.

Lunchtime

Lunches meet/exceed the national guidance. All pupils have a choice enabling them to eat healthily. Meeting the government's food-based standards;

- More fruit and vegetables (at least 2 servings)
- More oily fish (at least once every 3 weeks)
- Bread available at lunch every day
- Free fresh drinking water should be available at all times (also in place for packed lunch eaters)
- Healthier drinks (restrictions apply)
- No confectionary
- No savoury snacks
- No salt and condiments restricted
- No more than 2 deep fried foods in 1 week
- Manufactured meat products restricted (must meet minimum meat content)

Pupils are encouraged to taste & eat new foods.

Staff, time & seating arrangements are sympathetic to a positive social eating environment for those buying lunches & those eating a packed meal.

Packed lunches are monitored & the curriculum encourages healthy sandwiches etc. Appropriate storage arrangements are made. Information is provided to parents on balanced lunchboxes through

Any alterations to provision are communicated clearly after a full consultation process has taken place with staff & students.

Staff & Visitors

Staff will be encouraged to model the food policy.

Visitors will be offered healthy refreshments or at least a choice which contains a healthy option.

School Visits & Events

Food served at events & offered on trips will be consistent with school policy. Guidance on packed meals will be given encouraging a healthy balanced choice.

Community Involvement

At all stages the wider community will be involved in developing & implementing this policy. This will ensure that work is sustainable & that best practice is communicated. For example; practical healthy lunchbox advice at a parent event or school councils generated healthy snacks list issued by them to parents.

Enforcement

The opportunities and occasions to consume food are many and varied. Education rather than enforcement should be the cornerstone of the Whaley Bridge Primary School policy.

Equal Opportunities

Wherever possible, provision is allowed for special diets e.g. medical, cultural, vegetarian & for appropriate serving.

Free packed & cooked lunch provision will be handled sensitively.

Personnel

The Head is responsible for food in school.

Monitoring and Evaluation

The Head will monitor the effectiveness of this policy ensuring that training & resourcing are appropriate & up to date.

Policy Development & Review

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff including the catering staff, Governors, LEA representatives, community dietitian, school community nurse and local Healthy School Standards representative.

This document is freely available to the entire school community. It has also been made available in the school newsletter, web-site and prospectus.

This policy will be reviewed on an annual basis.

Review date: 3rd December 2007

Signed..... **Date**.....
Chair of Governors TLC Committee

Policy Links

PSHE
Science
Food Technology
Design & Technology
RE
Languages
Physical Activity
Behaviour
External Contributors