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Healthy Food Policy

Introduction

We are committed to being a healthy school and to promote the health and well-being of the school community. As part of this we aim to help our pupils understand the consequences, and to develop the skills to take responsibility for the choices they make.

Other relevant policies

- PSHE
- Sex and Relationships Education

Aim

- To ensure that all aspects of food and nutrition in the school helps promote the health and well-being of the whole school community.

Objectives

- To ensure that food provided across the school day is consistent with our aim.
- To ensure that food and nutrition information across the curriculum is consistent and up-to-date.
- To ensure that the whole school community is involved in the implementation of this policy.

Settings for Food Policy across the School Day

Break Time/Dinner Time

- Years Reception 1, 2 and 3 have a fruit supplied by the Fruit in School initiative.
- School lunches are provided by Norse – children are encouraged to sample all food. We are monitoring food standards in line with the current requirements.
- Water provision e.g. pupils are encouraged to drink water throughout the day and teachers act as role models. They are asked to bring named water bottles and encouraged to take them home daily and washed in hot soapy water. Water is also available from a drinking fountain.

Teaching about food and nutrition

The overall aim of our teaching about food and nutrition is to help children learn about, and to enjoy food. The Balance of Good Health Model is used as the basis to teach about healthy eating within the curriculum.

Within the formal curriculum healthy food messages are also taught through

- KS1 Science, Design & Technology
- KS2 Science, Design & Technology
- Literacy – Recipes and cooking instructions
- PSHE
- Cross curricular work
- Year 5 & 6 children cook a whole meal at least once a year – inviting guests to join them.
- Use of greenhouse and raised beds.
- KS1 and KS2 children have Food and Nutrition sessions for half a term one session every week.
- Reception children cook every week

Extra curricular activities

- Special events such as running a mile, walking and cycling tuition
- A variety of sports After school clubs

Special events

As part of celebrations or special events in school we allow children to enjoy treats such as cake and biscuits. We will always consider healthy options, but aim that the children understand that sweet treats at celebratory times such as Birthdays, Easter or Christmas can be incorporated into a healthy diet.

Partnerships

We encourage parents and carers to help their children with food issues by providing a ‘parents’ guide’ to packed lunch. We also mention the need for a healthy packed meal on our school web site.

Monitoring and Evaluation

All staff are responsible for overseeing a Healthy School. All staff monitor the food standards and hygiene for each class and we are responsible for including its principles in our various rolling programmes. Staff are encouraged to participate in Food Hygiene courses where relevant.

Date of next review: May 2024

Date agreed by staff: May 2022

Date agreed by Governors: May 2022

SignedP Kossowicz..... Head

SignedTom Dye.....Chair of Governors