Headteacher
Mrs P. Kossowicz

Telephone/Fax
(01328) 830377

LANGHAM VILLAGE SCHOOL

North Street
Langham

Norfolk
NR25 7DG

e-mail: office@langham.norfolk.sch.uk
www.langhamvillageschool.com

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.

Alergies
We take careful

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 and 2 have a fruit supplied by the Fruit in School initiative for a morning snack.
- Older children are encouraged to bring a healthy snack.
- 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. Children are asked to bring named water bottles and encouraged to take them home daily. 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 Healthy Eating Plate 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
- 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

Special events
As part of celebrations or special events in school we allow children to enjoy treats such as cake and biscuits. As an alternative parents are invited to donate a book for a birthday. 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.

Allergies and Food Safety
Langham Village School is a nut-free school. Parents and carers are asked not to send any food items containing nuts, including peanut butter, chocolate spreads containing nuts, cereal bars or cakes containing nuts. We also ask that all families remain mindful of other food allergies and dietary requirements within the school community. Any food brought into school for celebrations or special events should be clearly labelled with ingredients where possible to help ensure the safety and wellbeing of all pupils and staff.

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: **June 2028**

Date agreed by staff: **June 2026**

Date agreed by Governors: **June 2026**

Signed ……P Kossowicz…… Head

Signed ……Kate Jackson……Chair of Governors