

**SINGLETON C.E. PRIMARY
SCHOOL**

FOOD POLICY

Approved by the Full Governing Body - 16th June 2011

FOOD POLICY

Introduction

At Singleton School, we recognise the important connection between a healthy diet and a child's ability to learn effectively and achieve high standards in school. We also recognise the role a school can play, as part of the larger community, to promote family health and sustainable food and farming practices.

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

Rationale

Ofsted has recognised that Singleton School's care of pupils' welfare is very good. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims and Objectives

- 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.
- To ensure that food provision in the school takes account of individuals' medical and allergenic needs.
- To ensure we meet the new Government Food Standards for schools.

Snacktime

At about 9.30am, all children have a short break for a healthy snack. Only fruit and vegetables are eaten and drinks are milk or water. All our under 5s are entitled to free milk. Older children can buy milk through the 'Cool Milk' scheme. Since it started, we have taken part in the Government's free fruit and vegetable scheme for

our Infant children. We also buy extra fruit for the Junior children, so that every child in the school is offered a free portion of fruit or vegetable every day.

School Lunches and Packed Lunches

Hot school meals are available for parents to buy and are provided by a contracted caterer who has a healthy food policy as part of their tender.

Other children bring a packed lunch to school. A healthy, balanced lunchbox is promoted through our annual Healthy Schools Week, as well as the use of healthy lunch placemats, competitions, and posters.

We do not allow sweets and children may drink water.

Water for All

Water is freely available throughout the school day to all members of the school community. **Every child has been provided with a free bottle in which to store their water.** We have a water filter and cooler installed at which bottles can be refilled throughout the day.

Treats

The 2007 Food Standards covering school food other than lunch make clear that cakes and biscuits should not be available except as part of a school lunch. However, a healthy lifestyle requires a balance of food and activities - we therefore allow cakes, biscuits and sweets as a treat for special occasions (Christmas, celebrations, etc.)

Food Across the Curriculum

In FS, KS1 and KS2, there are a number of opportunities 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, growing and cooking food.

English can provide children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, eg. Posters.

Maths and cookery lessons can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in

contributing to health, examining healthy lifestyles 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 experience different foods associated with religious festivals and their cultural significance.

e.g. Harvest, Shrove Tuesday, Chanukah

ICT can afford pupils the opportunity to research food issues using the Internet and other electronic resources. Pupils can design packaging, adverts and posters to promote healthy food choices.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy food messages through practical work with food, including preparation and cooking e.g. creating nutritious sandwiches, healthy bread recipes, new pizza toppings.

PSHCE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

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 who rely on growing food as their source of income.

History provides insight into changes in diet and food over time, e.g. World War II, Tudor food, food sampling.

PE lessons can focus on keeping healthy through activity and how some foods can give you energy.

Visits and special whole school projects provide pupils with activities to enhance their understanding of food, nutrition and hygiene, e.g. visits to supermarkets, Goodwood Home Farm, visiting speakers, annual international events. Clubs can also promote healthy eating, e.g. cookery, school grounds club, growing food in our polytunnel.

Partnership with Parents

The partnership of home and school is critical in shaping how children and people behave, particularly where health is concerned. It is therefore vital that each must reinforce the other.