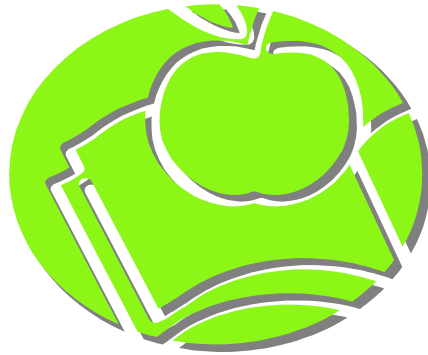


Bantock Primary School

Policy Document

For Food



Approved Date:

Chair of Governors:

Headteacher:

Review Date:

Bantock Primary School 'A Healthy School'

FOOD POLICY

At Bantock Primary School we recognize the importance of food in our lives. We know that healthy eating is vital for good health and we understand that there is a strong link between a healthy diet and effective learning. We also recognize the importance of food related skills in enriching our social development and in celebrating, nurturing and increasing our appreciation of cultural diversity.

Every Child Matters

Recognized as a 'Healthy School' we understand that 'Being Healthy' is one of the five outcomes of 'Every child Matters' and are committed to its pedagogy. 'Good health is vital if young people are to enjoy their childhood and achieve their full potential. If we can achieve good habits in childhood, there will be a basis for lifelong health and well being.' We cannot do this, however, without the strength of partnership with our families. We are committed to playing a proactive role in helping to improve the health of not only our children but our entire community. We recognize that 'families are the bedrock of society and the place for nurturing happy, capable and resilient children.' It is vitally important, therefore, that 'Children and Young People's parents, carers and families promote healthy choices' through partnership and contribution with this policy.

AIMS

We aim to achieve this by teaching our children and families ways to establish and maintain life-long healthy and environmentally sustainable eating habits. This will be accomplished through food education and skills (cooking, preparing and growing food), food provision and consumption in school, food education across the curriculum and participation in national events and initiatives.

We aim to provide a stimulating, purposeful, educational environment enabling children to develop academically and socially in a cheerful atmosphere, so preparing each child for the opportunities, responsibilities and experiences of life. More specifically, through our food policy, we will endeavor:

1. To maintain and improve the health of the whole school community through education, increasing knowledge and understanding of what constitutes a balanced diet and how to ensure that food is prepared healthily and safely.
2. To ensure that children are well nourished at school – that we practice what we preach! - with every child having access to safe, tasty and nutritious food and water during the school day.

3. To increase children's knowledge of where their food comes from, food production, manufacturing, distribution and marketing and how these will impact upon their own lives and their environment.
4. To ensure that the food provision in school reflects the ethical and medical requirements of the staff and pupils e.g. catering for the needs of religious groups, vegetarian, medical and allergenic needs.
5. To introduce and promote practices within the school to reinforce these aims and to remove or discourage practice that negate them.
6. To meet the nationally agreed and locally accredited Enhanced Healthy School standard in Healthy Eating.

OBJECTIVES

1. To work towards ensuring that this policy is both accepted and embraced by:
 - Governors
 - Staff
 - Pupils
 - Parents
 - Food Providers
 - Our wider community

To integrate these aims into all aspects of school life, in particular:

- Food provision within school
- The Curriculum
- Pastoral and social activities

Methods –

- Establish an effective structure to oversee the development, implementation and monitoring of this policy and to encourage a participatory approach to meeting the objectives.
- Develop an understanding and ethos within school of safe, tasty, nutritious environmentally sustainable food, through both education and example.
- Create an environment, both physical and social, conducive with the enjoyment of safe, tasty, nutritious, environmentally sustainable food.
- Help to promote and raise awareness of environmentally sustainable food production and socially responsible food marketing practices.

2. CURRICULUM – To develop an ethos of safe, tasty, nutritious and environmentally sustainable food into the curriculum. Bantock is a Fairtrade school and where possible Fairtrade products are used and the ethos promoted through a range of cross curricular activities and visits.

Food across the curriculum covers Nursery, Reception and KS1 with whole school celebrations such as the Harvest Festival, Diwali and Christmas among other healthy

eating projects. Some examples of activities that support curriculum work across the school are:

DIWALI –

Tasting a range of Indian sweets (Whole School)

PSHE 4c To identify and respect differences and similarities between people.

En1 3c To take different views into account, sharing ideas and experiences.

Sc2 g About the senses that enable humans to be aware of the world around them.

Geog. 3e Recognize how places are linked to other places in the world.

HARVEST FESTIVAL –

Create a poem for Harvest (Year 2)

En1 1a To speak with clear diction and appropriate intonation, b To choose words with precision, d To focus on the main point, 3a To take turns in speaking, 10b To share ideas and experiences.

En3 1c To put their ideas into sentences, 2b To assemble and develop their ideas on paper and on screen, 12 The range of forms of writing should include poems.

HEALTHY EATING PROJECTS –

Growing vegetables – Growing (Year R), Living Things (Year 1), Growth (Year 2)

PSHE 2e To realize that other living things have needs and that they have responsibilities to meet them.

En1 2e To ask questions to clarify their understanding.

SC1 2c To think about what might happen before deciding what to do, 2g To communicate what happened in a variety of ways, 2i To compare what happened with what they expected to happen and try to explain it.

Sc2 1a To understand the differences between things that are living and things that have never been alive, to relate life processes to plants, 2c That taking exercise and eating the right types and amounts of foods help humans to keep healthy, 3a To recognize that plants need light and water to grow, 3b To recognize and name parts of a flowering plant, 3c That seeds grow into flowering plants.

PSHE and RE play an important role in their own right. Examples of teaching and learning across the curriculum cover:

PSHE 1b To share opinions on things that mean something to them and explain their views.

3a. To be able to make choices for better health and well-being.

3b. To be able to develop a healthy, safer lifestyle.

4a. To be able to respect similarities and differences between people.

RE

2a Be able to explore similarities and differences between themselves and others.

2b Be able to prepare for and, where appropriate, take part in, celebrations in school.

Be able to share personal experiences of celebrations and religious practices in their own homes.

2d Be able to learn about the special food eaten and diets followed in homes of different faiths.

2f Be able to have the experience of being valued

Opportunities to support and extend the curriculum are made through;

1. External visits e.g. to the local supermarket, local eating places.
2. Visitors e.g. local food producers, cooking demonstrations.
3. Healthy eating projects e.g. design a healthy lunch box/menu competition.
4. Health Awareness weeks, DDS special days.
5. Participation in the UNICEF Rights Respecting School Award.
6. Fair Trade workshop.
7. Gardening Club.

3. SHARED EATING – Creating an environment conducive to the enjoyment of safe, tasty, nutritious and environmentally sustainable food.

Toast Club -

Facilities are available for children to attend a free Toast Club. This provides a good start to the day with a piece of toast in a friendly and safe environment. Children leave the club settled, attentive and fuelled to learn.

Fruit and Vegetable Scheme –

Across the whole school, there is time allocated daily to sharing the government funded fruit or vegetable. Children are encouraged to participate fully and the opportunity is made to talk about what they are eating, how it is prepared and why they are eating it. This is a perfect opportunity to enhance PSHE skills, as children are involved in collecting, preparing and handing out the fruit.

School Milk Program -

Full fat and semi-skimmed milk is available for all children. This is a further opportunity to socialize and promote healthy living.

Water –

We encourage children to drink water throughout the day. It is vitally important that their brains and bodies remain hydrated for effective learning to take place. Children are given a free water bottle each school year.

Lunch time -

This is seen as a pleasurable time, a social occasion in which the children are encouraged to sit down together and to enjoy their meal. We work closely with our school meal providers to improve the quality and uptake of school meals. We have monitored these very closely, decreasing the waste and therefore increasing consumption. To monitor this further a food task group is to be formed this academic year.

Children may bring packed lunches to school and, although we accept that it is up to the parents what they put into their children packed lunch box, we shall continue to emphasize the importance of a healthy lunch by promoting good practice. We offer parents support and guidance through the Healthy Schools team who will come in to advise parents at transition meetings.

To meet the National Nutritional standards, we aim lunches (packed and hot) for pupils at Bantock Primary School to contain at least one item from each of the following food groups.

- Starchy foods such as bread, potatoes, rice and pasta. Starchy food cooked in oil or fat should not be served more than three times a week.
- Fruit and a vegetable must be available every day.
- Milk and dairy foods.
- Meat, fish and alternative sources of protein. Fish must be served at least once a week. Cheese may be included in the meat/fish protein group for primary children.

4. HEALTH AND SAFETY – To promote and raise awareness of personal and socially responsible food practices.

- It is part of our normal school procedure that the children will be reminded to wash their hands after using the toilet and before eating.
- Food will be stored in appropriate places and parents will be reminded that the packed lunches have to be stored in the classroom or corridors and be encouraged to use insulated packed lunch boxes.
- Catering staff will hold the required food hygiene certificates
- All staff and parents involved in preparation of food will be aware of food safety and hygiene issues and behave accordingly.
- As a staff we will be aware of the apparently growing tendency for eating disorders in younger children and ensure that we know how to recognize and respond appropriately should the need arise. Contacts can be found in the website list at the foot of this policy.

5. LINKS WITH HOME - To endeavor to keep parents informed of what we are teaching the children and why, as well as keeping them up to date with national and local health information and initiatives, working closely with the school nurse and other members of the Primary Care Trust.

6. MONITORING AND EVALUATING – To continue to monitor and annually review this policy. We will create opportunities for discussion with the children, staff, parents and governors through meetings, the school newsletter and questionnaires.

7. GUIDELINES – The establishment of an effective structure to oversee the development, and implementation and monitoring of this policy, and to encourage a participatory approach to meeting the objectives.

The HT is responsible for keeping the Governors informed of the implementation of this policy.

The HT and DT are responsible for ensuring that there is a whole school approach which includes consideration of the curriculum, food service and pastoral and social care of the children, involvement of parents.

The Healthy Schools Coordinator is responsible for planning and coordinating the school's Healthy School's Program and maintaining the Healthy School's Award.

All staff are responsible for integrating an ethos of safe, tasty, nutritious and environmentally sustainable food into the curriculum.

The school cook is responsible for encouraging children to choose and eat a balanced and nutritious lunch. She is responsible for ensuring an atmosphere conducive to eating in the dining room.

Lunchtime supervisors are responsible for encouraging children to eat a balanced nutritious lunch. They are responsible for ensuring an atmosphere conducive to eating in the dining room.

The children are responsible for eating a balanced lunch.

We encourage parents to provide their children with a balanced, nutritious meal in their lunch boxes.

8. OTHER RELEVANT DOCUMENTS

PSHE and citizenship policy
Health and Safety

9.WEBSITES

www.sustainweb.org
www.dietproject.co.uk/toolkits
www.dfes.gov.uk/schoollunches
www.wiredforhealth.gov.uk
www.wateriscoolinschool.org.uk
www.fooddudes.co.uk
www.healthedtrust.com
www.foodgov.uk
www.doh.gov.uk/fiveaday
www.bda.uk.com (British Dietetic Association)
www.nutrition.org.uk
www.foodstandards.gov.uk
www.stroke.org.uk
www.bhf.org.uk

Bantock Primary School - Food Policy - 2013

Signed and approved by:

Date:

To be reviewed