

Beormund Primary School

Whole School food Policy

Introduction

At Beormund School we are committed to giving 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. This policy should be read alongside the school's PSCHE, Drug and Sex and Relationship Policies.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity. We have used the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our school:

- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

Rationale

Beormund School is a healthy school. 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 and lifestyle. 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 and well-being.
- 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.

Snacks

All our children have 'snack' breaks during the course of the school day. The food offered is healthy and is consistent with a healthy diet. At 9:40am the children stop lessons for Morning Munch. We provide a range of options including brown and granary bread, no added sugar fruit jam, marmite, honey, yoghurt and low salt/sugar fortified cereals and fresh fruit. Children can choose from water, milk to drink. Children are also given fruit as a snack at the end of the school day through the free fruit for school scheme.

School Lunches and Packed Lunches

All our school meals are provided by a contracted caterer that has a healthy food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot and cold option, both of which pay regard to nutritional balance and

healthy options. Some children bring packed lunch to school. We regularly encourage the children and their parents/carers to ensure that the contents of their lunch boxes are healthy and we do not allow sweets, fizzy drinks, and chocolate bars (although we do allow chocolate covered biscuits at present).

Water for All

Water is freely available throughout the school day to all members of the school community. (No water fountains are located in the school toilets.) Every child has been provided with a free bottle to store their water in. Children may drink their water at any time except during assembly. Regular water and brain breaks are built into the school day and curriculum by class teachers. Children are reminded to drink water from their bottle throughout the day. Staff fill bottles as and when necessary.

Food across the Curriculum

In our school, there are a number of opportunities for pupils to develop their knowledge and understanding of health and well-being, including healthy eating patterns and practical skills that are needed to understand where food comes from such as the shopping, preparation and cooking of food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, e.g. writing to a company to persuade them to use non-gm foods in children's food and drink etc.

Maths 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 nutrition composition, digestion and the function of different nutrients in contributing to health 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.

ICT can afford pupils the opportunity to research food issues using the Internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices. Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

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. Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instrument.

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 that rely on growing food as their source of income. History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

School visits provide pupils with activities to enhance their physical development e.g. to activity centres.

Out of hours learning includes cookery, gardening clubs and life skills clubs. This creates further opportunities to develop our pupils understanding in relation to healthy eating, hygiene, food preparation and making healthy choices.

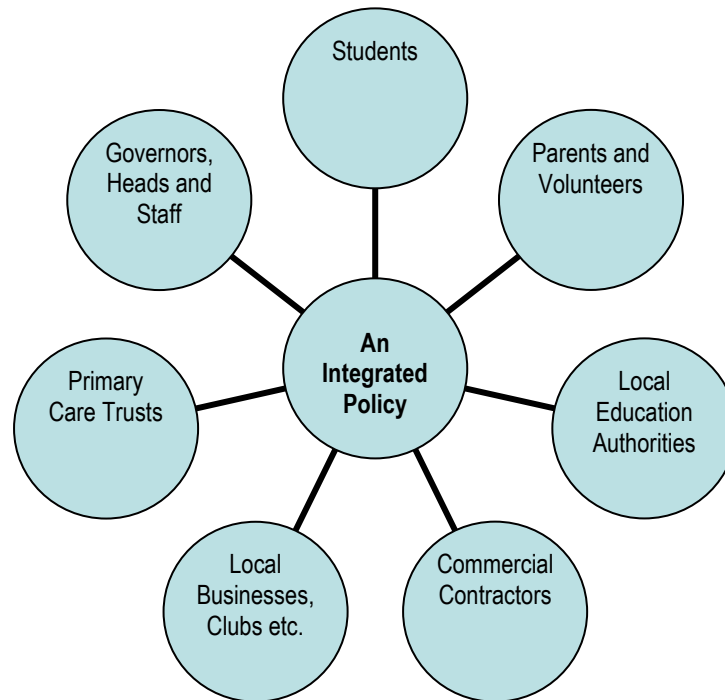
Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has a particular expertise in this area.

Monitoring and Review

The Headteacher and PSHCE Co-ordinator are responsible for supporting colleagues in the delivery of the Food Policy. The LEA is responsible for ensuring the quality of food offered as part of the contract with the caterer. This policy will be reviewed twice yearly to take account of new developments.

Agencies in an Integrated Policy



Components in an Integrated Policy

- Healthier school dinners
- Healthier lunch boxes
- Healthier snacks
- Water for all
- Curricular PSHCE
- Curricular sport
- Extra-curricular sport
- Curricular food technology
- Healthier modes of transport
- Other curricular subjects including ICT
- Gardening

This policy was written in July 2006. It was amended in October 2007 & 2009

It was reviewed in July 2003, January 2006, October 2007, October 2008, October 2009, October 2010, November 2011, December 2012, 2013, 2014 & 2015

This policy will be reviewed in December 2016, and then annually thereafter.