



St Francis Church of England Voluntary Aided Primary School

Whole School Food Policy

Developed by PSHE Coordinator

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Agreed by Staff: To be reviewed summer 2016

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1. Introduction

At St Francis, 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. We also strongly This policy should be viewed alongside the school's, Drugs Education, PE and Sex & Relationship Policies as well as the curriculum map for PSHE.

The school encourages 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?

2. Rationale

St Francis 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.

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.

3. 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 including the benefits of a healthy morning snack to children's concentration and focused learning.

To contribute to the healthy physical development of all members of our school community

To promote awareness of healthy eating through one assembly in each key stage per year.

4. Settings for Food Policy

Funrise

Food is offered to children who attend Funrise. The food offered is healthy and is consistent with a healthy diet. Please see Funrise's policy for Food and Drink.

Snack

All our under 5s are entitled to milk which is organised by the Early Years Staff. The school is part of the Government initiative to provide all infants with free fruit and vegetables during the day and both the FS and the KS1 class include a morning break time snack of fruit to all children. This is shared in a family setting for all class members in Reception and Year One and children are given responsibility for passing the fruit to others and for helping to clear away.

As part of teaching and learning in the Nursery and Reception, children are involved in preparing a variety of snacks which parents pay for. This opportunity develops social skills, experimenting with different foods and a chance to make choices to develop children's independence.

Older children are also able to purchase milk too, through the Cool Milk scheme.

KS2 children are encouraged to eat fruit or vegetables at break time and are responsible for disposing of any litter or compostable material in appropriate recycling containers. Snacks at break-time are allowed at the Head's discretion and should be clearly named and stored in the class 'snack box' for easy retrieval at break time.

School lunches and packed lunches

The school employs the services of 'Edwards and Ward' run by Chef Cath. Chef Cath is a chef of many years' experience and creates menus for all which meet National Food Standards criteria as well as aiming to use local produce and with a few exceptions, meals entirely created on site and from scratch.

Teaching and Learning through out school focuses children's understanding about healthy packed lunches to develop children's understanding about making healthy choices.

MDSA and other staff encourage children to eat their lunches and they monitor children's lunches. Staff has access to rewards to promote healthy eating.

Water for all

Water is freely available throughout the school day to all members of the school community. All water in classrooms is drinking water. Every child is encouraged to bring a clearly named water bottle to store their water in. The water is freely available to children during the day at regular, frequent intervals as appropriate to learning (e.g. water bottles should not be placed on tables when laptops are in use). FS and KS1 children are also reminded to drink water at their snack time.

Treats

As part of a healthy diet we aim to teach children about balancing their diet, therefore, on occasions, we will allow children to eat cakes or sweets e.g. at class parties or other celebrations. We ask that children do not bring sweets to share into school on their birthdays. We feel that this reflects a realistic attitude to food and teaches children about making appropriate choices about food.

5. Teaching and Learning Opportunities.

Physical Activity

Although this food policy is focuses on the consumption of food at school, it is important to ensure that children are taught about the importance and place of Physical Activity as part of a healthy lifestyle. Therefore, children are encouraged to be as active as possible during their play times and their daily lives. Teaching about healthy diets and food makes the link explicit for children, wherever possible between diet and the affects of exercise and activity on the body.

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 and cooking food.

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 and how the body responds to exercise. Children learn about nutritional needs related to medical conditions e.g. food allergies, diabetes.

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.

Computing lessons can afford pupils the opportunity to research food issues using the internet and other electronic resources. 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. Packaging of food is also a useful resource to consider advertising and product design.

PSHE & Citizenship encourages young people to take responsibility for their own health and wellbeing, 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.

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.

Cookery is a regular activity throughout the school and at Funrise as well as in after school clubs. During food preparation we ensure that children wash their hands, and that surfaces are clean and hygienic. Please refer to the food guidelines poster. Dry goods are safely stored in the cupboards in the Food Technology Room.

6. Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on our water and packed lunch policies through school newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

During out of school events, e.g. school discos etc., the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered to the children.

7. Role of the Governors

Governors monitor and check that the school policy is upheld.

8. Monitoring and review

All staff and adults in school are responsible for the curriculum development of the Food Policy. The Headteacher is responsible for supporting colleagues in the delivery of the Food Policy.