

St Andrew's CEVC Primary School, Great Yeldham

Food Policy



Reviewed by Jenny Gallagher
(January 2010)

St. Andrew's CEVC Primary School
Church Road
Great Yeldham
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C09 4PT

Introduction

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. This policy should be read alongside the school's PSHCE, Drug and Sex & Relationship Policies.

The school is keen to support pupils' understanding of Healthy Eating in the light of current research. A balanced diet, fruit and vegetables and exercise have been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

Rationale

St Andrew's achieved Healthy Schools accreditation in December 2007. 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.

Aims and Objectives

- To give our pupils the information they need to make healthy choices through teaching and learning across the curriculum.
- To support parents and pupils to make healthy eating options for packed lunches through questionnaires, shared recipes and Government Information.
- To promote health awareness through Government Information and provision of best quality school meals
- To provide opportunities for pupils to learn how to grow fruit and vegetables through the schools garden
- To develop pupils understanding of foods and how to prepare simple nutritious meals through cooking lessons as part of the curriculum.

Breakfast Club

At present St Andrew's does not offer a breakfast club. Questionnaires to parents indicated that a breakfast club would not be sustainable on numbers interested. However, this may alter in the light of reviewing needs and provision of Extended Schools in the future.

Mid-Morning Snack

All FS and KS1 classes have a snack of fruit at morning break time, which is provided free by the government scheme. Every child under the age of five is entitled to a free 189ml serving of milk, which is provided by the LEA. Parents can also buy milk online for their child, which will be delivered to the school for consumption at morning break time. KS2 children bring fruit which they also eat at morning break - no other snack is allowed during break.

School Lunches

Our cooked school meals are provided by 'Clare Middle School, Suffolk' who has a healthy food policy as part of their tender. The hot meals are served through the school's servery. The daily menu offers choice and includes the use of salads, fresh fruit and vegetables each day.

Pupils who bring a packed lunch to school are encouraged to eat sandwiches/savoury item first then fruit and yoghurt. The Mid-day assistants support pupils over the lunchtime period with healthy food choices as well as monitoring appropriate table manners and disposal of waste.

Drinking Water for All

Water is available via 2 water fountains located outside classrooms.

KS2 pupils are encouraged to bring a labelled, filled water bottle to school each day.

Pupils may drink their water at any time except during the 15 minute worship assembly.

Each class will decide the most appropriate system for storage of water bottles taking into account Health and Safety procedures.

Staff to ensure they also have access to drinking water.

FS children are reminded to drink water at their snack time, which is provided in plastic beakers.

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.

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 nutritional 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 instruments.

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.

After school sports clubs include football, netball, tag-rugby, dance and cricket. The School has an open air swimming pool which is fully utilised during the Summer Term.

Food is also prepared and served as part of celebrations and events, such as after the Harvest Service and concerts.

Partnership with Parents/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. The school received an 'outstanding' in the majority of areas related to children's physical, social and emotional well-being and its communication to parents in their May 2009 OFSTED report.

Parents and carers are updated on our policies through school newsletters and the school website. We ask parents not to send in fizzy drinks in lunch boxes but encourage water, juice or squash.

Children are encouraged to see chocolate and sweets as treats and they have a place as fast energy, but not a replacement food in a balanced diet.

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 for sale to the children/parents e.g. fruit, small cakes.

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 particular expertise in this area.

Monitoring and Review

Subject Leaders are responsible for the curriculum development of the Food Policy. The Head teacher and PSHCE leader are responsible for supporting colleagues in the delivery of the Food Policy.

This policy will be reviewed every three years, as part of the school's policy monitoring cycle, to take account of new developments.

Reviewed: January 2010

Shared with Staff: January 2010

Shared with Governors: March 2010

Review date: January 2013