

WHITCHURCH PRIMARY SCHOOL

FOOD AND WATER POLICY

1. Rationale

1.1 The purpose of this policy is to produce a cohesive approach by the whole school community towards the promotion and provision of healthy eating.

2. Legal Requirements

2.1 The school has a requirement to ensure that our school lunches meet the nutrient-based and final food-based standards for school lunches, and that the food provided in our tuck shop and Before and After-School Club, meet the food-based standards for school food other than lunches.

2.2 Under the 2004 Children's Act, schools are required to respond to the Every Child Matters Agenda. Healthy eating makes particular reference to the following objectives:

- Children and Young people are physically healthy
- Children and Young people are mentally and emotionally healthy
- Children and Young people live healthy lifestyles
- Children and Young people engage in decision making and support the community and environment.

3. Aims

3.1 The aim of this policy is to ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to the school. In order for pupils to achieve their full potential, there is an important connection between a healthy diet and a pupil's ability to learn effectively, as a result of improvements in concentration and behaviour. The school can also play a role in the wider community to promote family health.

3.2 Through the promotion of healthy eating the school aims to:

- Improve the health of pupils and staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues.
- Present consistent, informed messages about healthy eating within school through all of the school's practices.
- Ensure the provision and consumption of food and drink is an enjoyable and safe experience for all and ensure that pupils have easy access to water throughout the school day.

3.3 The school will work towards these aims in partnership with the parents/carers, catering staff and health professionals.

4. Curriculum Organisation and Delivery

4.1 Pupils are given the opportunity to use all their senses as appropriate to explore different foods as part of topic work. Whenever possible children are encouraged to prepare and taste traditional foods from their own culture and other cultures; for example, through the celebration of different festivals, either through 'Food with Thought' or during class topics.

4.2 In KS1 and KS2, healthy eating is addressed through:

- Cross-curricular links with PSHE, DT, science and others.
- Explanation and modelling by all school staff
- Discussion between the teacher and pupils and between the pupils themselves
- Whole school projects such as Healthy Schools Week

5. Breakfast Club

5.1 The school operates a breakfast club between 8.00 – 8.40am. Food provided is compliant with our Food and Water Policy.

6. Snacks

6.1 For children in Key Stage 1 there is a free fruit scheme in operation. Each child is given a piece of fruit each day. There is a different fruit or vegetable available each day such as apples, pears, oranges, bananas, strawberries, cherry tomatoes and peeled carrots. This provides the children with a daily healthy snack and the social experience of eating together.

6.2 Children in Key Stage 2 are encouraged to bring a healthy snack such as a piece of fruit or vegetables to school for morning break. Other items such as sweets, crisps, biscuits etc. are discouraged. Praise is given to children who regularly bring in 'healthy' options.

7. Dinner Time

7.1 School dinners are provided by 'Food with Thought.' The dinner system offers a choice of foods, which allows the pupils to exercise their knowledge of healthy eating. Menus are displayed for the children and are available in leaflet format for parents.

7.2 All of the children at lunchtime are encouraged to sit wherever they like to promote a happy and social experience.

7.3 Information and guidance is provided on healthy packed lunches in the form of healthy lunch box posters and leaflets. These are changed termly and displayed around the school for those who do not eat school meals. Additional copies are available for parents. Any uneaten food is returned in the children's packed lunch boxes so the parents can be aware of what the child has eaten whilst at school. The children are encouraged not to have chocolate, cakes or biscuits in their lunch box. Sweets and fizzy drinks are not allowed.

7.4 What is a healthy packed lunch?

7.4.1 National guidance suggests that healthy packed lunches should include the following items:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter and falafel) every day.
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday.
- Drinks are either water, still or sparkling, 100% fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.
- Instead of crisps, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Cakes and biscuits are allowed but are encouraged to be eaten as part of a balanced meal.

7.4.2 National guidance suggests that the healthy packed lunches do not include the following items:

- Snacks such as crisps.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

8. Drinking Water

8.1 All children are encouraged to bring a water bottle to school daily, these are stored in their classrooms and are easily accessible at all times. Fresh drinking water is available throughout the day via water fountains. Fresh water, juice, or milk is provided at dinnertime for those children having school meals.

9. Monitoring and Evaluation

9.1 Monitoring of more general aspects of healthy eating that pervade school life such as healthy snack, drinking water, will be carried out informally through observation, discussion and consultation with staff – both teaching and non-teaching – and the children via the School Council.

9.2 During lunchtimes, healthy awards are given to two children, one child who makes good use of the salad cart and one child who brings in a healthy and well-balanced lunchbox.

10. Equal Opportunities

10.1 Healthy eating is for all pupils regardless of gender, race, culture, religion, ability or any special educational need. This will be taken into account when planning the healthy eating curriculum and new initiatives.

11. Cross Curricular Links

11.1 There are opportunities for raising awareness of healthy eating in all areas of school life. Specifically many aspects of healthy eating will be found in the PSHE, Science and Design & Technology schemes of work.

12. Health & Safety

12.1 All activities will be in line with school health and safety policy and LEA guidelines.

13. External Links

13.1 External agencies may be used to promote healthy eating. For example, visits may be made by dental nurses/dentists in order to teach children about healthy eating.

14. Staff Development

14.1 Relevant and up-to-date INSET will be provided in response to school/staff needs and national initiatives.

15. Resources

15.1 Resources are centrally stored and easily accessible to staff. The school aims to keep resources up-to-date, and in line with the current curriculum.

16. Notes

16.1 This policy document is still a working document that is being produced in consultation with the entire school community, including pupils, parents, school staff and governors.

16.2 This school actively supports healthy eating and drinking throughout the school day.

16.3 The school is working to achieve National Healthy School Status.

Status of this Policy: APPROVED

Date approved by Governing Body: 26 April 2010

Lead contributions from:

Staff: Flora Barton

Governors: Curriculum Committee

