



Witchampton CE First School

Food in School Policy

Rationale

At Witchampton First School our vision is to develop the whole pupil. To achieve this vision we will give pupils opportunities to unlock their potential, intellectually, physically, emotionally and spiritually.

An important part of developing pupil's potential is having a healthy diet. We regard it as fundamentally important that pupils eat healthily and learn to make the best choices possible for their future health.

We understand the importance of a healthy diet, and the positive influence it can have on learning, attainment, behaviour and well-being. We will promote healthy eating patterns for the pupils at Witchampton First School by taking a pro-active approach to teaching pupils about the best choices for healthy eating. We recognise the part Witchampton First School can play in promoting healthier eating as part of the wider community. The school will take appropriate steps to ensure any pupil or adult who is known to have a severe food allergy remains safe.

To improve the health and well being of our pupils, we have provided hot school meals and new water fountains on the playground. We are now taking the work, already done on food in our school, a stage further by introducing a **Food in School Policy**. This policy will cover the following:

- school meals
- non-school packed lunches
- food provided at the school, other than school meals
- healthy eating, as part of the curriculum
- extra curricular activities, such as cookery clubs, etc

Our aim

We aim to ensure that all aspects of food and drink at Witchampton First School promote the health and well-being of pupils, staff and visitors to our school.

At Witchampton First School we already have a commitment to a healthy lifestyle:

- the pupils are encouraged to have water bottles with them in class and water is freely available inside and out;
- at playtime, only fruit, vegetables and healthy snacks may be eaten;
- hot school meals are provided by Cygnet through Dorset County Council, who regularly publish healthy menus from which pupils can make healthy choices;

- we have gardening as part of the curriculum so that the pupils can learn the benefits in growing their own fruit and vegetables;
- we have a cooking club that enables children to learn about making healthy meals;
- there are units of design and technology, science and PSHCE that provide opportunities to learn about healthy eating and making healthy choices when eating;

Our objectives

- to maintain a whole school understanding of the importance of a healthy diet;
- to ensure equality of access and participation in food related activities for all;
- a review of the curriculum to ensure all opportunities are utilised for teaching about a healthy diet and that all information relating to food and diet is consistent and up to date;
- that pupils learn about where their food comes from and the journeys it makes to their plate;
- that there are opportunities for investigating food in other cultures, the role it plays, how it is prepared and shared, and the similarities and differences to their own experiences;
- that the contents of pupils' lunchboxes are as healthy as possible;
- that parents are actively promoted to provide a healthy lunch through the school newsletter and parents' evenings;
- that pupils have the chance to take part in preparing food for sharing;
- to learn about the importance of sharing and enjoying food in a variety of social situations;
- to reinforce appropriate messages relating to food and drink and ensuring consistency between the formal curriculum and school food and drink provision;
- to ensure everyone has access to water during the school day;

What Witchampton First School will do continue to promote healthy-eating;

- **A whole school understanding of the importance of a healthy diet**

Learning about healthy balanced diets will continue to be taught as part of the curriculum.

As part of the learning that pupils do mainly in science and PSHE, but also in other curriculum areas as appropriate, they will be taught:

- the components of a healthy diet;
- the importance of healthy eating both now and in the future;
- how to design a menu for a variety of meals and people;
- measuring and weighing for recipes;
- about growing fruit and vegetables through the gardening club;
- about food in history, particularly as part of the Living History days;
- as appropriate in extra curricula activities;

The school will endeavour to enlist professionals to help promote healthy eating habits. The school will also arrange for advice and assistance about healthy eating issues to be provided to parents, if there is sufficient interest.

- **Ensuring equality of access and participation in food related activities for all.**

All pupils will have the opportunity and be encouraged to take part in activities related to learning about a healthy diet both as part of the planned curriculum and as extra curricula activities.

- **Review the curriculum to ensure all opportunities are utilised for teaching about a healthy diet and that all information relating to food and diet is consistent and up to date.**

When planning the curriculum, staff will identify opportunities that can be used for the pupils to learn about a healthy diet, e.g. science, PSHE, Health Curriculum weeks, Fruit and Vegetable Scheme for Schools, Snack breaks, history – comparisons with diet throughout history and today.

- **Pupils are aware of where their food comes from and the journeys it makes to their plate;**

As part of learning about and living in our society, pupils will have opportunities to investigate where their food comes from, e.g. Fair Trade; Harvest Festival; geography curriculum etc

- **Opportunities for investigating food in other cultures, the role it plays, how it is prepared and shared and the similarities and differences to their own experiences**

As part of learning about and living in a multi cultural society, the pupils will be given the opportunity to learn about food in other cultures, e.g. in studying other religions, beliefs and traditions in RE, collective worship, Living History experiences; multi-cultural activity weeks etc.

- **Contents of the pupils' lunchboxes are as healthy as possible**

The school will provide information on healthy foods that could be included in packed lunches.

The school recognises the benefits of a well balanced meal for pupils, in the middle of the day. For those pupils who bring a packed lunch, the school will suggest healthy choices that could be included, e.g.

- a portion of starchy food (bread, roll, crackers, rice, pasta)
- a portion of milk or dairy food, (cheese, yoghurt, etc)
- a portion of lean meat, fish or alternative, (ham, chicken, Quorn, tuna, egg, hummus etc)
- fresh fruit and vegetables (apple, orange, banana, cherry tomatoes, carrot sticks, cucumber etc)
- a drink, (fruit juice, water, milk)

For a healthy diet, it is suggested that the following items are kept to a minimum; crisps and high salt savoury snacks, sweet cakes and biscuits and chocolate bars. Fizzy drinks, sweets, nuts including coconut should not be included. Children who bring in healthy lunches are rewarded with healthy lunch stickers by the dinner ladies. Children who bring in food that is not allowed in school when allergies arise, e.g. nuts will be reminded with a note in their child's lunch box that we operate a 'nut free' policy at school.

- Witchampton First School will provide further information on healthy lunchboxes on request.
- Parents are also advised to include an ice pack as the school cannot ensure that lunchboxes stay cool, especially in summer.
- At Witchampton First School we will provide a safe and healthy place for pupils, staff and visitors to have lunch in school at midday.
- We will provide a clean, sociable environment for pupils to eat their lunch. Lunchtime supervisors will help any pupils who have concerns during lunchtime. So that everyone can enjoy their lunch, we ask that the Golden Rules for Lunchtime be kept;

Also pupils should;

- wash their hands before they eat
- sit down to eat their lunch

- eat, or at least try the food provided for them
- aim to leave the place where they have eaten their lunch as clean and tidy as possible
- take all litter from packed lunches home with them at the end of the school day
- make sure they are polite and thoughtful during the lunch hour.
- leave the lunch hall/room quietly

Pupils who show good manners at lunchtime will be rewarded by the lunchtime supervisors in accordance with the Behaviour Policy.

7. Pupils have the chance to take part in preparing food for sharing

During their time at Witchampton First School pupils will have the opportunity to take part in the preparation of food for sharing. This will include

- learning about basic procedures in food safety and hygiene
- how ingredients can be combined and mixed to create new products for a particular purpose
- basic food preparation techniques

8. The importance of sharing and enjoying food in a variety of social situations

Pupils will have the opportunity to consider

- which foods would be appropriate for a variety of situations both in and outside school
- the social and emotional aspect of different foods and eating habits
- foods from different cultures and the place they play in those cultures

9. Reinforcing appropriate messages relating to food and drink and ensuring consistency between the formal curriculum and school food and drink provision.

In a healthy eating situation, consideration will need to be given to the appropriateness of rewards and treats, food and drink consumed at social events and the influence of advertising.

10. Ensuring everyone has access to water during the school day

- all pupils are encouraged to bring water bottles to school and replenish them at appropriate times during the day
- water is available at lunchtimes and playtimes
- there is drinking water available for all members of the school community and for visitors

11. Allergies

At Witchampton First school we do not operate a nut free policy at school. However, should the need arise due to a member of the community suffering from an allergy, we will implement said policy immediately and notify everyone accordingly. Children and parents are informed of changes when they start school and are updated about changes through the weekly newsletter.

Staff training and resources

In line with other areas of school development, resources and training will be provided as needed.

Monitoring and Evaluation

How do we know that our objectives are being met?

- the school council and staff to consider food in school every 2 years;
- curriculum map provides opportunities for learning about healthy food in school;
- there should be an improvement in the healthy content of lunchboxes;

The policy was written in 2011 after consultation with staff, pupils, parents and Governors.

Review

This policy should be reviewed every 2 years.