

Hanslope Primary School Food Policy

Introduction

At Hanslope Primary 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.

As a Healthy School 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.

Rationale

Diet is central to health and research has shown that a good diet in childhood can help protect against chronic diseases and obesity in later life. We also recognise the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. We therefore consider the role we have, as educators, to be very important in promoting healthy eating habits.

Aims:

- To improve the health of pupils and staff by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy diet.
- To encourage pupils to eat healthily at school and have constant access to drinking water through out the school day.
- To ensure that food provision in school is in line with healthy eating guidance.
- To ensure that we are giving consistent messages to the children about food and health.

Settings for the school policy

Water for All

We actively encourage all members of the community to drink water throughout the school day. Every child in school was provided with a free water bottle when the initiative for access to water all day was introduced. This has been followed up by a further opportunity to buy a bottle at the cost of £1. All new pupils to the school are provided with a new bottle. Children keep their water bottle with them during lessons including P.E. Cooled water is available to staff in the staffroom.

Snack

Children in KS1 benefit from the National School Fruit Scheme - entitling them to one free piece of fruit or vegetable a day. KS2 children have the option of either bringing in their own portion of fruit or vegetable, or paying to have a portion of fruit or vegetable from a selection delivered to school. No other snacks are permitted unless there is a specific medical/dietary need.

School Hot Dinners or Packed Lunches

Children have a choice of packed lunch provided from home or a hot dinner provided by outside caterers.

Children and parents are encouraged to include healthy options in packed lunches, with choice being informed by the healthy eating teaching in the science, PSHE and D.T parts of the National Curriculum. Each year, guidance to parents for healthy lunch boxes is provided.

Our contracted caterers provide meals which fulfil the guidelines set by the government for provisional school meals - including the inclusion of fresh fruit and vegetables each day and the provision of bread and water at each meal time. Menus are sent out so that parents can see the range of food available and choices are made on a weekly basis.

We aim to create a pleasant environment for the children to eat their lunch in. Good manners are expected and valued.

Healthy Eating Education 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 such as shopping, preparing and cooking food.

Other opportunities include specialist assemblies, e.g. a visitor from the Bridge Builder Trust conducting an assembly on Fairtrade.

Partnership with Parents and Carers

The partnership of home and school are 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 updated on food and drink issues through school newsletters. We ask parents not to send in fizzy drinks, sweets and nuts. We remind them that only water may be drunk during the school day, except at lunch where children may drink juice or squash.

The 3₂6 after school club offers a range of healthy snack options in line with our school food policy.

Links to other Policies

This policy has links to the PSHE, Science, D.T, Behaviour and Equal Opportunities policies.

Monitoring and Review

The Headteacher and Governors are responsible for supporting colleagues in the implementation of the food policy.

This policy will be reviewed as required.