

Wicklewood Primary School and Nursery



Food Policy

Responsible Person

The person for the updating of this policy is: The Headteacher

Review and Monitoring

This policy will be reviewed every year by the operational committee.

Reviewed:

Signed: Peter Meacock (Chair)

Date: 7.3.18

Signed: Julia Brooks (Headteacher)

Date: 7.3.18

Next Review due: Spring 2020

Introduction

Wicklewood Primary School and Nursery is committed to being a healthy school and to promote the health and wellbeing of the school community. In 2015 we renewed our National Healthy Schools Status. We also have the Enhanced Healthy Schools Bronze, Silver and Gold awards. We aim to help our pupils understand the consequences, and to develop the skills to take responsibility for the choices they make.

Other relevant policies

- PSHE
- Drug Education
- Sex and Relationship Education
- Physical Education

Aim

To ensure that all aspects of food and nutrition in the school helps promote the health and well-being of the whole school community.

Objectives

- To ensure that food provided across the school day is consistent with our aim and meets the new mandatory standards, covering all school food.
- To ensure that food and nutrition information across the curriculum, and in extra curricular activities, is consistent and up-to-date.
- To ensure that the whole school community is involved in the implementation of this policy.

Food Provision Across the School Day

The food provided within school meets the latest mandatory standards from the DCSF

- **Breakfast Club** - The food offered is healthy and is consistent with a healthy diet. We provide toast with low-fat spread and low-salt/low-sugar fortified cereals (Weetabix and Shredded Wheat), and other options such as bagels, eggs and baked beans. Children have water or milk to drink.
- **Extended school** – Children are offered a light snack when they arrive which may consist of toast, crumpets, bread sticks, and fruit. Later a light tea is offered - Various sandwiches, Jacket potatoes, pasta etc.. Children have milk or water to drink. If specific themes are being covered food related to this will be available, the menu is tailored to the lunch time one to avoid duplication.
- **Break time**- snacks are brought from home and children are encouraged to bring in a healthy option. (KS1 participate in the School Fruit and Vegetable Scheme)
- **School lunches** – the menus are carefully planned and contribute towards a healthy and balanced diet.
- **Nursery** – Children are offered a snack during their morning session as vegetables, dips, fruit and breadsticks. Children have milk or water to drink.

Monitoring of Food Provision and Food Choices

Meetings take place with the catering staff to discuss menus and quality of food provided. We also ask the children for the views on the food on offer. As part of our monitoring we are aware of the amount of food wastage.

During out-of-school events, e.g. school discos etc. the school will encourage the Friends to consider the food policy in the range of refreshments offered for sale to the children.

Packed lunches

Many children bring packed lunch to school. We believe that they should form part of child's well-balanced diet and to support parents we include information and ideas about the contents of these in our newsletter. We do not allow children to have fizzy drinks and encourage every child to have at least 1 portion of fruit and / or vegetable during the school day.

Water Provision

Pupils are encouraged to drink water throughout the day and teachers act as role models. They are asked to bring named water bottles and encouraged to take them home daily and washed. The school also has a water fountain.

Teaching about food and nutrition

The overall aim of our teaching about food and nutrition is to help children learn about, and to enjoy food.

Within the formal curriculum:

Food is used within topics whenever appropriate across the curriculum.

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.

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.

PSHE 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 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.

Inclusion

We are aware and accommodate for children with particular dietary needs and are sensitive to children with specific issues (such as overweight children). Medical forms are updated each year or when a child's circumstances change to ensure that any children with food allergies are both safe and included. Individual care plans are circulated to all staff.

Monitoring and Evaluation

The breakfast-club manager is responsible for ensuring that the food served is in accordance with this policy. Key Stage managers and subject managers are responsible for the curriculum development of the food policy. The headteacher and PSHE manager are responsible for supporting colleagues in the delivery of the food policy.

