



Whole School Food Policy

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 PSHE, drug, and sex and relationship policies.

The school supports the '5-A-DAY' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

Rationale

Holbrook is a healthy school. 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.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to take part in the '5-A-DAY' campaign

Snack

All our under-5s are entitled to free milk which is organised by parents with the Cool milk company. All FS and KS 1 classes are entitled to free fruit which is part of the government initiative. Children stop to have their fruit before morning play time. Children are when possible given a choice of fruit or vegetables. Children are encouraged by teachers and teaching assistants to try a variety of fruit and vegetables. KS 2 children can either bring their own fruit or can purchase some from the tuck shop, which they can eat at fruit time before morning play time — no other snack is allowed during fruit time.

School lunches and packed lunches

All our school meals are provided by a contracted caterer who has a healthy-food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. Each day they provide two hot options which are nutritionally based and healthy.

Many children bring a packed lunch to school. We regularly include newsletter items about the contents of these and we do not allow sweets, chocolate bars and fizzy drinks.

Water for all

Cooled water is freely available throughout the school day to all members of the school community. Every child has been provided with a free bottle to store their water in. Children may drink their water at any time except during an assembly. Regular water and brain breaks are built into the school day and curriculum by class teachers. All children are given an opportunity to have a drink of water at their morning fruit time. Children are reminded by teachers to drink water after exercising.

Food across the Curriculum

In FS, KS 1 and KS 2, 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.

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.

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. Also children can identify where different food is grown.

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.

Special Occasions

On occasions such as Christmas, treats like cakes and chocolate may be available. When children bring treats into school to celebrate their birthday, children will be given the option of taking it home if they think their parents would prefer.

Partnership with parents and 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. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on our water and packed-lunch policies through school and class newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except milk at fruit time and at lunch time children may drink juice or squash.

Friends of Holbrook

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

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

Key stage and subject leaders are responsible for the curriculum development of the food policy.

The Healthy Schools leader is responsible for supporting colleagues in the delivery of the food policy.

SODEXO is responsible for ensuring the quality of the food offered.

This policy will be reviewed annually to take account of new developments.