



Lydiard Millicent CE Primary & Ridgeway Farm CE Academy Whole School Food Policy

Introduction

In our schools 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 schools' PSHE and Science policy.

The schools support the '5 a day' campaign to encourage children to eat 5 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

Lydiard Millicent CE Primary & Ridgeway Farm CE Academy are healthy schools. It is important that we consider all elements of our work to ensure that we promote health awareness to all members of our diverse 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.

Settings for Food Policy

We do not use vending machines in our schools. Pupils are allowed to bring fruit or snack items from home to eat at playtime but the snacks must be consistent with our healthy snacks criteria of fruit or vegetables only. On a Friday, children are allowed to bring in a cereal bar or biscuit bar but this must contain some fruit and not chocolate.

Breakfast Club and After School Club at Ridgeway Farm CE Academy

Breakfast Club and After School Club operates on a daily basis in the school for all children from age 5.

The food offered is healthy and is consistent with a healthy diet. We provide toast, low fat spread, fruit jam and whole grain cereals. Children choose from water, orange juice and apple juice. After School Club menus are balanced following the recommended proportions of the 5 food groups and portion sizes are kept small.

Foundation Stage and Key Stage 1

All our under 5s are entitled to free milk which is organised by our provider Cool Milk. All FS and KS1 classes have a daily break time snack of fruit or vegetables provided by The School Fruit and Vegetable Scheme. This is eaten outside on the playground or in the classrooms if it is raining.

School Lunches and Packed Lunches

Our school meals are provided by: Chartwells (Lydiard Millicent CE Primary) and Edwards and Ward (Ridgeway Farm CE Academy). Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide hot options which take into consideration nutritional balance and healthy options. There is a daily salad bar which offers a wide choice of cold salad items including pasta, rice or potato salads and bread. The Chef has been invited to attend School Council meetings in order to discuss preferences with our pupils and to explain some details about nutritional standards. This is reported back to the rest of the school.

Many children bring a packed lunch to school. The school advises parents about possible healthy choices at the EYFS induction meeting.

Water for All

Water is freely available throughout the school day to all members of the school community. Every child has been encouraged to bring in a water bottle to store their water in. Children may drink their water at any time except during the 15 minute assembly. FS and KS1 children are also reminded to drink water at their snack time.

Food 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 that are needed to understand where food comes from such as shopping, preparing and cooking food.

English 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 less sugar and salt 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.

Computing can offer pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

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. We have adapted our DT policy to ensure that each class prepares at least one healthy dish as part of their DT work. These depend upon topic areas covered and may include pizzas, fruit salads and fruit crumbles.

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. There is also an annual harvest festival in the church which is celebrated through music.

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.

Extra-curricular learning includes cookery and gardening clubs from time to time.

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 schools are well placed to lead by example.

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

During events such as parties, the schools will encourage parents and carers to consider the Food Policy in the range of refreshments brought to school to share. However it is important to stress to children that it is O.K. to eat less healthy foods and snacks occasionally as a treat and as part of a well-balanced diet.

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

The Deputy is responsible for ensuring that the food served is in accordance with this policy.

KS Leads and the Design and Technology Lead are responsible for the curriculum development of the Food Policy. The Principal and Deputy Principals are responsible for supporting colleagues in the delivery of the Food Policy. The catering contractors are responsible for ensuring the quality of the food offered as part of the contract with the caterer for school meals.

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