



The Model Primary School Whole School Food Policy

Rationale

At The Model Primary School we recognise the importance of a healthy lifestyle and diet, and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. We also recognise that there is a strong link between a healthy diet and effective learning. Our vision for our pupils includes our aspiration for “all children to be healthy, active, and valued”. We are a caring school, whose values are built on mutual trust and respect for all. This policy is designed to ensure that all members of the school community are aware of our healthy school aims and targets.

Whole School Food Mission Statement

To influence and improve the health of the whole school community by providing pupils and their families with ways to establish and maintain lifelong healthy eating habits that benefit both themselves and the environment. This will be accomplished by providing high quality food education and ensuring we deliver a consistent message with regard to food and a healthy lifestyle throughout the school day.

Aims and Objectives

At The Model Primary School we aim to:

- Improve the health of our school community by influencing their eating habits through increasing their knowledge and awareness of a healthy diet, and how to ensure that the food is prepared hygienically;
- To give our children, parents and staff the information they need to make healthy choices;
- To ensure that we are giving a consistent message about food and health throughout the school day and maximise opportunities to promote a healthy diet;
- To ensure that the food and drink available throughout the school day meets government standards for food in school and to make the provision and consumption of food an enjoyable and safe experience;
- To build the confidence of parents and pupils in the school meal service;
- To support the provision of healthy packed lunches and snacks;
- To ensure that the food provision in school reflects the ethical and medical needs of staff and pupils, e.g. catering for religious groups and vegetarians and people with food-related allergies.

The Curriculum

The school will enrich children's experience of food, physical exercise and healthy balanced diets through its Science, PDMU, PE and Health Education curriculum. A range of skills and understanding will be developed through a range of teaching approaches and resources. Curriculum content will focus on:

- The importance of food groups and the role they play in promoting growth;
- The development of strong healthy bodies;
- What constitutes a balanced diet and the proportions advocated by the 'balance of good health' model;
- An understanding of cultural diversity;
- The development of respect and understanding towards the beliefs and attitudes of others;
- The sustainability of our food supply and the effect on our planet.

Health and Fitness Week, workshops, 'Healthy Eating Challenge' and assemblies will also be used to explore health and food-related issues.

A Cooking Club will work with small groups of children across a range of year groups to teach them practical skills in food preparation and cooking.

The Dining Environment

The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and staff.

It is also committed to the following:

- Help for children (particularly young children) who find the physical process of school dinners or packed lunches difficult – for example, carrying trays, opening tubs or packets;
- Encouraging all children to eat the food they have been provided with;
- Provision of water jugs, containing clean water and beakers;
- Encouraging children to wash their hands before eating.

School Meal Provision and Packed Lunches

Children in each Key Stage have the choice of purchasing a school meal or bringing a packed lunch from home.

We are committed to:

- Creating a sociable dining environment and encouraging the development of good table manners.
- Encouraging children to take their time to eat their dinner and to eat what has been provided.
- Providing a balanced menu that is compliant with the Government's standards for school lunches.
- Ensuring that the service is accessible to all pupils and that their dietary needs, due to medical, cultural or religious reasons are catered for appropriately.
- Using feedback from parents and pupils, via the school council and taster sessions to develop menus that are nutritionally sound and provide choices that children want to eat.
- Monitoring and evaluating the food provision and seeking feedback from parents and children.

Parents are encouraged to support the school's 'healthy eating policy' by providing a healthy snack and a balanced packed lunch.

Provision of food and drink during the school day

Breakfast is an important meal of the day. Our **Breakfast Club** includes the provision of a nutritious breakfast for pupils before the school day.

All children are encouraged to bring a healthy snack from home to eat at morning break. Children are provided with a portion of fruit each day through the **Extended Schools Programme**.

Everyone has a right to access clean drinking water. We encourage children and staff to drink water at school.

Food Hygiene

Children are always reminded about the importance of hand washing before eating or handling food. Whenever children work with food in the classroom they are helped to follow basic hygiene routines including; using clean equipment, always washing hands before and after working with the food, using an individual spoon etc. when tasting food.

Monitoring

The Senior Management Team, Catering Team, Classroom Staff and Coordinator monitor this policy on a regular basis.

Evaluation of the progress, made by the school in implementing and sustaining the aims and objectives of this policy, will be made by the teacher with responsibility for Health Education and the Principal.

Review

This policy will be reviewed regularly by our Governors and in response to any legislative or governmental changes regarding school food.

Signed

Date