

# MIDDLESTONE MOOR PRIMARY SCHOOL

## WHOLE SCHOOL FOOD POLICY



### **Introduction**

This policy is intended to provide vision, scope and direction in all Food matters. It is written for the whole school community. The Governing Body, Staff, School Council and family representatives have been consulted.

### **Aims**

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to the school

To openly engage children and parents with food matters in school, involving them in consultation and recognising their views fully before decision making.

To remain familiar with the national Food in Schools Programme and implement recommendations in a measured and sustainable way.

### **Rationale**

The school recognises the importance between healthy eating and a pupil's ability to learn effectively and achieve high standards in school. It also recognises the role the school can play, as part of the larger community, to promote family health, and sustainable food, including production and farming practices. The school recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships and inter-generational bonds

### **Objectives**

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes healthy eating.
- To provide an opportunity for pupils to understand and plan recipes, prepare and cook simple foods in a safe and hygienic way.
- To increase pupil's knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and environment.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical, cultural and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that do not support them.
- To monitor menus and food choices to inform policy development and provision.

## **Guidelines**

Our SNAG Group will endeavour to implement the above objectives in close consultation with the School Leadership Team. The importance of a balanced diet for health is covered in Personal, Social and Health Education (PSHE) and the Science curriculum.

Topics such as where food comes from, how it is grown and cultural aspects of food can be covered in a range of subjects including D&T, Geography, Science, History and PSHE. Food and nutrition will be taught in each teaching team in PSHE lessons and also used in cross-curricular units of work. Across the year special events will be held to promote this important area.

Parents will be consulted before decisions are made about food policy. When appropriate the school's newsletter for parents will contain relevant and balanced information about food matters. Views will be invited at all stages of the decision making progress.

The school will work closely with partner agencies to promote healthy eating and drinking.

Colleagues with specialist knowledge and skills will be invited to school.

Members of staff will keep up to date with circulars and website information.

Sweets are not allowed to be brought to school, however, occasional treats are permitted.

We will actively encourage healthier food choices.

## **Water**

All children will bring to school a water bottle for use in the classroom. It should be filled with plain water only and can be refilled as necessary throughout the day.

## **Break times**

The school will provide clear, consistent guidance upon which food and drinks should be brought into school, We will participate in national and local fruit schemes.

KS 1 have free fruit each play time. KS2 can purchase fruit via their scheme.

## **Lunch times**

Healthy choices will be actively promoted both with school cooked meals and packed lunches. The dining environment will be attractive, clean and tidy. Staff will ensure all children are supported during the meal and that they have a relaxed and pleasant experience.

**The school will endeavour to implement of the National Food in Schools**

## **Programme**

### **6. Monitoring and Evaluation**

The school Leadership Team will hold responsibility for monitoring the implementation and impact of this policy. It will report to the full Governing Body and any designated committee of governors.

### **7. Conclusion**

We wish to create and maintain a school ethos and environment which encourages a healthy lifestyle for our children, staff and families. We will shape, use and develop our curriculum to achieve this. We will ensure that the food and drink available across the school day reinforces this healthy lifestyle message. We will encourage balance in food choices. We shall provide high-quality physical education and school sport and promote physical activity as part of a lifelong healthy lifestyle and to promote an understanding of the full range of issues and behaviours which impact upon lifelong health.

## **Appendix 1**

### **DfES: Nutrition and Physical Activity**

A healthy balance of foods provides the energy and nourishment everyone needs to survive and to enjoy life. Eating too little soon leads to illness, but eating too much or the wrong balance of foods can lead to problems in the long term. So it's important to get the balance right - both in the amount and in the type of foods eaten. A healthy and balanced diet in childhood can reduce the risk of anaemia and dental decay. In the longer term, it can help to prevent ill health in later life. For example, it can reduce the risk of heart disease, obesity, stroke and some cancers.

It is widely accepted that young people benefit from regular physical activity, but until recently there was debate over the amount of exercise needed to benefit health. In 1997 the HEA drew together scientific evidence and international opinion on young people and health-enhancing physical activity which led to the some important recommendations.

Participation in Physical Education (PE) and sport can be key to encouraging children and young people to maintain a healthy lifestyle. It can also help combat youth crime, drug abuse and play a part in the regeneration of local neighbourhoods and communities.

The Government has made a commitment that all children will be entitled to 2 hours of high quality PE and school sport both within and outside the curriculum. The DfES working closely with partners to ensure that commitment becomes a reality for all schools.