

# Witton-le-Wear Primary School.

## Whole School Food Policy

### 1. Introduction

This policy has been developed after discussions with staff, children, parents and governors at the school.

The policy was last revised during the Spring term 2020.

The PSHCE co-ordinator has overall responsibility for the monitoring and amending of this policy but this will be done in consultation with the parties outlined above.

This policy should be read alongside other related policies, e.g. PSHCE Policy, Physical Education Policy.

### 2. Aim

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.

### 3. Rationale

This policy has been devised to show the commitment that the school has placed on developing our school as a health-promoting environment. Children need to be made aware that healthy eating and dietary issues are extremely important if they are to remain fit and healthy.

Our overarching approach to encouraging healthy lifestyles, diet, etc. places a responsibility on us as a school to consider and promote all aspects of health for the children in our care. We are keen as a school to promote and develop a more active and healthier lifestyle and food is an important element of this approach.

Food and drink affecting the ability of children to learn effectively,

The school recognises the important connection 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.

### 4. Objectives

To improve the health of pupils, parents and staff 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 plan recipes, budget, prepare and cook food.

To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the 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.

The school also has the facility available to be able to offer children a carton of school milk on a daily basis if parents wish for this to take place. This is provided free of charge for those children designated as Pupil Premium, and as a cost option for other families / individuals if required. This is provided in conjunction with 'Cool Milk.'

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.

## 5. Guidelines

The school will ensure that the objectives of this policy are being met through the following ways:

PSHCE co-ordinator and Head teacher monitoring on an ongoing basis.

Discussions with staff on both an informal basis, and in a more formal setting such as staff meetings, etc.

Food issues are taught within school in a cross-curricular way where appropriate, and in specific lessons where required. The school works with outside agencies where appropriate to allow the children to find out more about food sources, healthy diet and lifestyle issues. This can take the form of visits by chefs, food providers, links with food festivals, visits to supermarkets, etc.

The school actively promotes healthier food choices during the day in the following ways:

- Lunch times: School meals and packed lunches are monitored by the Head teacher, PSHCE co-ordinator and lunchtime staff on an ongoing basis, and healthy choices are actively promoted through discussions with children themselves, liaison with Taylor Shaw, ( our current meals provider ), and listening to the views of parents and governors on this issue.
- Break times: All children in the school currently have the opportunity to have fruit every morning as part of the National Fruit Scheme. Children are not allowed to bring any kinds of sweets or drinks from home and the school has no facilities for vending machines, etc. As stated earlier, milk is provided for children where requires through the Cool Milk scheme.

- The dining environment. Menus promoting the healthy meals for school lunches are displayed in the hall and displays produced by the children themselves are used at regular and appropriate intervals to raise children's awareness of food and health issues.

Cooking is undertaken as part of the early years provision and we use outside agencies across various year groups to promote an awareness of cooking / healthy lifestyle issues.

Water is provided freely throughout the school day within each classroom in school.

The school works closely with partner agencies such as the school nurse to promote healthy eating and drinking.

The school involves pupils in decisions about food in school through the School Council, PSHCE lessons within the curriculum and assemblies where appropriate.

The school involves parents in decisions about food / milk etc. in school through questionnaires and by consulting with them where appropriate on such issues.

The governors are kept up to date with issues concerning food in school when/where appropriate through termly Head teacher reports and ongoing Governor updates.

Advice will be sought from relevant professionals, the LA, etc. when decisions about the quality of food, provision, or related curriculum issues is being looked at.

## 6. Monitoring and Evaluation

The School Food Policy will be implemented and carried out after appropriate discussion with staff, children, governors and parents.

The policy will be implemented within the curriculum through assemblies, PSHCE lessons and School Council discussions and initiatives.

The Head teacher and PSHCE co-ordinator will oversee the food and drink provision within school, and discuss any relevant issues arising with the appropriate people. Governors will be kept up to date with issues and developments through regular update meetings, Head teacher reports and Full Governing Body meetings. Staff meetings are also used for discussion of related matters regarding food and drink provision and health / diet related issues.

## 7. Conclusion

The need to continually develop an awareness within children, staff and parents as to why it is important to lead a healthy lifestyle is very much at the forefront of today's educational thinking. Food and drink within the school setting is an integral and important part of this if we are to provide the children with the opportunity to have access to good quality food provision, and to understand why this is important in the wider health context. It is hoped that the aims, guidance and strategies that are contained within this policy provide a clear outline of the way in which Witton-le-Wear Primary School approaches this important area in terms of our children's overall health and diet.