



Food & Nutrition Policy

Key Document Details

School Name: Seend

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Rationale

We at Seend and St George's C. of E. Primary School want everyone to embrace a healthy lifestyle, part of which involves the food we eat. We can provide a valuable role model to pupils and their families with regard to food and healthy-eating patterns.

The development of a whole-school food policy aims to engage the entire school community, including pupils, parents, carers, governors, staff, caterers, local suppliers and others. The messages that pupils receive through their personal, social and health education are integral to equipping them with the skills necessary to make informed choices about their own diet and lifestyle. PSHE and Citizenship lessons offer the chance to engage pupils in debate over the role of food in schools and allow them to voice their opinions so that they can work out what they think.

Aims

- ◆ 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 positively contribute to the health of all members of our school community.

How do we achieve these aims?

- ◆ By discussing matters with all stakeholders and sharing the rationale behind a whole school policy.
- ◆ By setting up guidelines that are shared with stakeholders and that are followed by the school community.
- ◆ Through establishing a curriculum that supports and promotes a healthy approach to food and nutrition.

a) Guidelines and Procedures

Snacks

- ◆ All children are encouraged to bring fruit / raw vegetables for a mid-morning snack.
- ◆ The Schools participate in the free School Fruit and Vegetable Scheme which provides all infants with a piece of fruit daily.

Drinks

- ◆ Milk is available for any child (free to under-fives.)
- ◆ All children are encouraged to bring a bottle of water daily (in a sports' top bottle) which they can re-fill during the day.

Packed Lunches

Parents are encouraged to provide a balanced lunch with no bars of chocolate, sweets or fizzy drinks. Further information in the form of leaflets and websites are provided inside the main entrance and in the parent friendly leaflet explaining this policy.

Staff

Sweets / chocolate will not be given out by staff, visitors or volunteers as treats or rewards.

b) 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.

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.

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 and understanding the place of all types of food within a varied and balanced diet

PSHCE 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.

The school also holds themed days where as appropriate, themes will relate to healthy living.

c) Extra Curricular Activities

Whilst promoting healthy eating throughout the year, it is important to recognise that there is a place for treats and on occasions there will be a place for cakes etc. e.g. fundraising,

d) 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 informed about our water and packed-lunch guidelines through school newsletters, the school prospectus and the starting school leaflet. 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. Staff will not eat biscuits / cakes at break times whilst on duty.

During out-of-school events, e.g. school discos etc., the school will encourage the Fundraising Association to consider the food policy in the range of refreshments provided for the children.

Parents are also requested not to send in cakes / sweets for children's birthdays or other special occasions.

Who is responsible?

Staff are responsible for the sharing, agreeing and the implementation of the food policy. The Head Teacher and PSHCEE subject leader are responsible for supporting colleagues in the delivery of the food policy and monitoring its success.