

Food Policy



Black Firs School

1. Introduction

Our overall aim is to ensure that healthier food and drink is provided at all times of the day, taking account of individual needs, reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school community. Black Firs is a learning community which cherishes every child and adult and so we are committed to giving everyone consistent messages about all aspects of health to enable them to understand the impact of particular behaviours and ultimately encourage them to take responsibility for the choices they make. This policy should be read alongside the School's **PSHE**, Drug and Sex & Relationship Policies.

Black Firs fully supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables each 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. We want everyone in School to endeavour to eat *3 portions* of fruit and vegetables *during the School day*.

2. Rationale

Black Firs School is a Healthy School. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of our community, and can provide a valuable role model to students and their families; therefore, where reference is made to 'everyone' throughout this document we mean *all* children & adults that have contact with our learning community.

Through effective leadership, our School culture, ethos and curriculum, all School Staff can bring together all elements of the school day to create an environment which supports healthy lifestyle choices. Working hard; playing hard; staying healthy: staying safe.

3. Aims and Objectives

- 🍌 To ensure that the School gives consistent messages about food and health
- 🍌 To give our students the information they need to make informed, healthy choices
- 🍌 To promote health awareness & physical fitness
- 🍌 To contribute to the healthy physical development of all members of our School community
- 🍌 To encourage everyone to take part in the '5 a day' campaign

4. Breakfast & After School club

A Breakfast & After-school Club operates on a daily basis on the School grounds – run by Black Firs Playgroup, a third party, for all children age 3 and above. They also follow the guidance in this policy. Foods on offer include: Toast, low fat spreads, jams, marmalade, a variety of cereals, fresh fruit, yoghurt, milk, fruit juice, tea & coffee. Parents pay for their child's attendance at the club.

5. Break-time Snacks

During morning break our Foundation Stage and Key Stage 1 classes are provided with washed fruit or veg. The fruit is provided in baskets in the classroom and the children encouraged to help themselves. Fruit waste is composted in the infant garden compost bin. We provide this by taking part in the Government initiative to provide all Key Stage 1 children with free fruit and vegetables during the day. The Governors have decided to extend free fruit to our KS2 children who have a paid school meal. All children are encouraged to bring fruit which they eat at break or lunch times. The School only provide fruit, toast & other toasted tea breads from the kitchen. Cartons of milk, fruit juice and yoghurts are also available. Other snacks are discouraged during break. Canned, fizzy & bottled drinks are not allowed in School.

6. School lunches and packed lunches

Black Firs School took the delegation for school meals in April 2000 and the Governing Body is responsible for the provision of school meals. The Governing body made this decision because they wanted greater control over the quality of the whole lunch-time experience & environment. Great improvements have been made over the years but we are not complacent, we regularly consider & consult with the School Council how we can increase the quality and up take of school meals.

School meals are provided by our own School cook, Amanda Lupton, and managed by a Governors committee. This includes the use of a range of local fresh fruit and vegetables as a choice for everyone. The daily specials, on the menu, are changed monthly to provide hot and cold options, both of which exceed the Nutritional Standards set in April 2002. A fish based special is available weekly & a chilled salad bar each day; chips are only available one day a week. There is a selection of fixed main courses, which are regularly reviewed, giving the children a choice of twelve meals. School is moving toward producing meals that are nutritionally balance and go beyond the Caroline Walker Trust nutrient guidelines. www.cwt.org.uk.

Many children bring packed lunch to School. It is a common misconception that packed lunches brought from home provide a healthier choice than a school meal. Food Standards Agency Lunchbox Surveys challenge this assumption the findings indicate that lunchboxes contain food with high levels of fat, sugar & salt. Our own School surveys by the School Council would support FSA's findings.

In a previous OfStEd inspection, criticism was levelled at the inappropriate choice children make in the contents of their lunchboxes. We need to consult with parents, and gain their agreement, to ensure lunchboxes from home meet the same nutritional guidelines as set out in this policy. We regularly include newsletter items about the contents of these but Governors have grave concerns over how we enforce or police the contents of lunchboxes. Weather it is possible or prudent to ban sweets, chocolate bars (although chocolate covered biscuits are allowed at present) or fizzy drinks needs to be ascertained.

7. Water for all

Cooled water is freely available throughout the school day to all members of the School community. No water fountains are located inside toilet blocks. Every child is encouraged to bring a bottle to store their water in. Children may drink their water at any time except during assemblies. Regular water and brain breaks are built into the school day by class teachers. Foundation Stage and KS1 children are also reminded to drink water at their snack time.

8. Food across the Curriculum

Black Firs is a Gold Active Mark school which means the children receive a minimum of two hours physical activity during the School day. We also promote sports activities outside the School day and have very good links with local clubs in town; many of our children are very active in these external clubs. Nutrition forms and essential part of our preparation and engagement during residential activities.

In Foundation Stage, KS1 and KS2, there are a number of opportunities for children 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.

Our holistic curriculum provides many opportunities to investigate food preparation and nutrition. Children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, eg writing to a company to persuade them to use non-GM foods 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.

ICT can afford 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.

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, eg advertising and sustainable development.

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.

School visits provide pupils with activities to enhance their physical development eg to activity centres.

Out of hours learning includes cookery and gardening clubs from time to time.

9. 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 regularly updated on our water and packed lunch policies through school and class newsletters. Parents are asked not to send in fizzy drinks and are reminded that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

During out of school events, eg school discos etc., the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children.

10. 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.

Subject Managers are responsible for the curriculum development of the Food Policy. The Headteacher & SMT are responsible for supporting colleagues in the delivery of the Food Policy. The Governors are responsible for ensuring the quality of the food offered in the School kitchen. The LA ensure County Contracts are meeting their obligations

12. Links to other policies

Health & Safety Monitoring & Evaluation All Curriculum policies

Equal Opportunities Drug & Sex Relations policy