



St Anne's CEVA Primary School

WHOLE SCHOOL FOOD POLICY



This policy should be taken and used as part of St Anne's Church of England School's overall strategy and implemented within the context of our vision, instrument of government aims and values as a Church of England School.

We are committed to ensuring that the children in our care grow into healthy adults, this being the first of the five principal requirements of the Children's Act 2004 ('Every Child Matters'), i.e. that they:

- Be healthy
- Stay safe
- Enjoy and achieve
- Make a positive contribution
- Achieve economic well-being

We teach children the key points about living a healthy life, including the importance of eating healthy food, which contributes a vital element to our strategy of creating a school environment in which children can thrive. We believe that it is only through a whole school approach that the key messages about food and drink can be effectively conveyed.

Aims and objectives

- to help children know and understand the importance of food and drink in a healthy lifestyle;
- to help children learn what healthy food is;
- to give children the skills they need to make the right healthy choice the easy choice;
- to promote the physical and emotional well-being of all our children;
- to ensure that food provisions in the school, where feasible reflects the ethical and medical requirements of staff and pupils e.g. medical and allergic needs.

The curriculum

We plan explicit teaching about healthy eating in our curriculum. As part of our creative curriculum for example, we teach children about the preparation and cooking of healthy food, children will learn where food comes from and how it reaches the shops. We will teach about nutrition and the needs of a healthy body. We will teach children to measure and calculate size and weight. We will provide opportunities for children to discuss, read and write about health-related issues and why some parts of the world have a surplus of food, while other parts have famine. Children will learn about how food is valued in different societies, and the part food plays in religious custom and practice.

We will also promote healthy eating through the curriculum. We will encourage children to participate in school games and sports, and so learn the enjoyment of a healthy lifestyle. We will organise school visits to provide opportunities for children to explore the natural world. Our school site will be fully exploited in the interest of the children's physical and emotional development through playground and sporting activities.

The school environment

- We will ensure that our school environment promotes healthy eating.
- We will encourage children to drink plenty of water and children are encouraged to bring to school a water bottle for use to drink water throughout the day.
- Children will be encouraged to bring fruit (fresh or dried) to eat at break times if they wish to have a snack. They will not be allowed to eat crisps, sweets or biscuits.
- Foundation Stage and Key stage 1 will have free fruit every day as part of the Schools Fruit and Veg scheme.
- All children aged 5 and under will have free milk every day as part of the Schools Milk Service Scheme.

School lunches

We will serve only healthy food and drink for our school lunches. The lunches will be prepared by our school contractors, who were only granted a tender with a commitment to provide healthy food. A basic requirement will be that they provide a vegetarian option each day, that they always serve vegetables and fruit, and that all lunches have a balanced nutritional value.

The parents of children who bring packed lunches will be made aware of our healthy school policy, and given guidance about what should be included in a healthy packed lunch.

Role of parents

We will work closely with parents to promote the message about healthy food and drink, which we give in school, so they can be supported at home.

We expect all parents who send their children to St Anne's Church of England VA Primary School to respect our healthy food policy and to support it fully through the food they give their children to bring to school.

We will inform parents about the importance we place on healthy eating, and why we endorse this policy.

Food Across the Curriculum

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.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus e.g. 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. What is a healthy diet, 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 provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

PHSE 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.

Music can provide pupils with knowledge about properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

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 that rely on growing food as their source of income.

History provides insight into changes in diet and food over time.

PE provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

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

Monitoring and review

The Board of Governors will monitor this policy to ensure that our children are taught the importance of healthy eating. It will be reviewed on a regular basis, and at least once every three years.

Helen Burge / all staff

August 2015