

# Meadow Lane Infant School



## School Food Policy

inc Healthy Lunchbox Policy

<b>Last reviewed</b>	<b>September 2014</b>
<b>Review Cycle</b>	<b>1 Year</b>

## **Meadow Lane Infant School Food Policy**

### **Introduction**

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHE, drug, and sex and relationship policies.

The school supports the '5-A-DAY' campaign to encourage children to eat five portions of fruit and vegetables a 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 have used the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our school:

- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

### **Rationale**

Meadow Lane 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 the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy-eating patterns. We have achieved National Gold Healthy School Status and have been awarded enhanced status for our participation in Healthy Mealtimes workshops.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

### **Aims and Objectives**

- 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 contribute to the healthy physical development of all members of our school community
- To encourage all children to take part in the '5-A-DAY' campaign

### **Snack**

All children are encouraged to bring a morning snack of fruit or veg to eat at playtime- no other snack is allowed during break. Therefore along with the Government initiative to provide all infants with free fruit and vegetables during the

day, which our children eat at afternoon break, snacks contribute to two portions of the five a day recommendation.

### **School lunches and packed lunches**

All school meals prepared by the school catering team meet the nutritional standards for school lunches. Where possible, this includes the use of fruit and vegetables each day within the meal plan.

Some children still bring packed lunch to school even with the advent of free school meals for all. Therefore we have provided parents with information about the suggested healthy choices that they may make concerning the contents of lunch boxes. However, although the choice is up to parents we do try and discourage sweets, chocolate bars or fizzy drinks when possible.

**Special Diets:** The school provides food in accordance with pupils' religious and cultural beliefs.

**Vegetarian/Vegan:** School caterers offer a vegetarian option at lunch every day. Where necessary it can also provide a vegan option.

**Food Allergies:** Individual care plans are created for pupils with food allergies. These document symptoms, adverse reactions and actions to be taken in an emergency plus emergency contact details.

### **Water for all**

Water is freely available throughout the school day to all members of the school community. Two water fountains are located inside toilet blocks for pupils and one in the staffroom for staff and parents. Every child is encouraged to bring in a bottle to store their water in. Children may drink their water at any time except during the 15-minute assembly. Regular water and brain breaks are built into the school day and curriculum by class teachers.

### **Food across the Curriculum**

In FS, KS 1 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.

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. Children have the opportunity to grow food and learn how it is produced.

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 positive body image.

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

Physical Education 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 to school.

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

Out-of-hours learning about food and healthy lifestyles include 'Let's Get Cooking' cookery club, Gardening club, Gymnastic Club, Dance Club and Tennis Coaching.

### **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. 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.

### **Equal Opportunities**

In food and nutrition education, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

### **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.

### **Monitoring and review**

The Headteacher and PSHE coordinator are responsible for the development of the School Food Policy and Healthy Eating Strategy and for supporting colleagues in the delivery of the food policy.

This policy will be reviewed annually to take account of new developments.