



**Meadowbrook Primary
School Food Policy**
Status: Non-Statutory
Date: June 2007

Rationale

Meadowbrook is a recognised 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. 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

Snacks

All our under 5s are entitled to free milk which is organised by the Reception teachers. All FS and KS1 classes include a morning break time snack of washed fruit to all children, which is shared during the day for all class members.

KS2 children have the opportunity to purchase a fruit snack during the morning playtime. The year 6 children run the fruit tuck shop.

On Mondays and Fridays, children can also purchase toast as a snack. KS2 children do this independently from the fruit tuck shop, and FS and KS1 children order the toast and have it brought to their class.

School lunches and packed lunches

All our school meals are provided by the school meals service who use the South Gloucestershire Council healthy food policy. A basic requirement from the contractor 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. Many children bring packed lunch to school. We include newsletter items about the contents of these and we do not allow sweets, chocolate bars (although we do allow chocolate covered biscuits at present) or fizzy drinks.

Water for all

Cooled water is freely available throughout the school day to all members of the school community. Children can access this from the drinks fountains in FS, KS1 and KS2. All children have been provided with their own water bottles in class which they can regularly access.

Extra-curricular activities

The school runs 2 cookery clubs after school, one for KS1 and KS2. The recipes chosen for each club try to demonstrate a healthy balanced diet to children and they have the opportunity to cook and prepare food from different cultures. The children in the club are rotated each term to allow as many children as possible to take part.

Food across the Curriculum

In FS, KS1 and KS2, 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, the foods that come from plants, 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 can 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 wellbeing and 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 different properties of cooked and uncooked foods where pulses and grains are used in un-pitched 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.
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.
School visits are also be used to promote healthy eating, e.g. Year 1 trip to Tesco to weigh and buy fruit.

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 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.

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 Head teacher, PSHE Subject Coordinator and DT Subject Coordinator are responsible for supporting colleagues in the delivery of the Food Policy. The LA are responsible for ensuring the quality of the food offered as part of the contract with the caterer.

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

Ratification

Signature of Headteacher..... Date June 2007

Signature of Chair of Governors..... Date June 2007

Implementation

Date the policy is to be reviewed June 2010