

PARLEY FIRST SCHOOL



FOOD AND NUTRITIONAL STANDARDS POLICY

"All children and young people have a right to a good quality health care, to clean water and nutritious food and a clean environment so that they will stay healthy."

Article 24 Unicef Children's Charter

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 Personal, Social, Health and Citizenship Education (PHSCE), Drug and Sex & Relationship Policies.

The school supports the '5 a day' campaign to encourage children to eat 5 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.

Rationale

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

We plan to achieve our aims by:-

- Regularly reviewing the curriculum to ensure information relating to food and nutrition in different subject areas and different year groups is consistent and up to date. This will develop pupils' understanding of food issues, hygiene, food preparation, nutrition and healthy lifestyles and some understanding of food in other countries.
- Encouraging healthy snack times through a "fruit and vegetable only" policy.
- Taking part in the government "fruit and vegetable" scheme for Key Stage 1.
- Encouraging pupils to drink water at frequent intervals throughout the day by ensuring that they have easy access to fresh drinking water by bringing their own water bottle. School also provides water fountains.
- Providing free milk throughout the government initiative for under fives and continuing this scheme throughout the school (parents may continue this).
- Hot school meals are provided for those wishing to take up this option through Dorset County's contract with Cygnet Catering who abide by national required standards of nutrition.
- Encouraging healthy lunchboxes and putting regular reminders in newsletters.
- Recognising the importance of the partnership between school and home.
- Encouraging PSSG to take account of this policy at events where food is provided.
- Making provision for consumption of food an enjoyable, social and safe experience, in line with the school ethos.
- Removing or discouraging practices that negate these aims.
- Basic food hygiene training, when available, for those involved with food preparation and cooking (one day course).
- Discussing Healthy Eating and Food Policy Development at School Council.
- Gaining parents' support to school's policy regarding snacks and lunchboxes.
- Ensuring policy is shared with whole school community and in particular Dining Room Assistants.
- Promoting healthy eating in extra curricular activities e.g. cooking club
- Staff providing good role models for pupils

Monitoring and Evaluation

Subject leaders are responsible for curriculum development in line with this policy.

The Headteacher and PSHE leader are responsible for supporting colleagues in the delivery of the food policy.

Staff and lunchtime staff monitor snack and food choices.

The LEA is responsible for ensuring the quality of food offered as part of catering contracts.

Governors will review this policy annually.

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.

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.

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

Role of The Governors

Governors recognise:

- a) the important connection between a healthy diet and a pupil's ability to learn effectively
- b) the role the school can play as part of the larger community in promoting family health
- c) the fact that sharing food is a fundamental experience for all people.

Reviewed: Autumn 2010

Next Review Due: Autumn 2012 – Reviewed every 2 years