



# **School Food Policy**

**To be reviewed three yearly**

**Chair of Governors, Sue Nelson**

**Signed** 

## **Introduction**

East Preston Infant School is a Rights Respecting School. All pupils, staff and visitors have the right to be healthy, safe, educated, listened to and treated fairly. These principles are at the heart of our school ethos, and our policies and practices support these rights. We are committed to equal rights, mutual respect and shared responsibility.

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 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.

## **Rationale**

East Preston Infant School is a healthy school holding National Extended Healthy School status. 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

## **Mid-Morning Snacks**

We have sought guidance from a qualified nutritional therapist in determining our snack policy. Snacks should ideally contain a mixture of carbohydrates and proteins which will help sustain the children's energy requirements so they can concentrate fully and be physically active. The reason for this is that the two combined, balance out the release of sugar (glucose) into the system, whereas carbohydrates alone are released a lot quicker, which can result in feeling hungry within a short space of time

and can contribute to symptoms such as lethargy, loss of concentration and irritability.

Therefore, if parents/carers wish to provide a mid-morning snack it should only be from the following list. **No other snack is permitted** and children will be asked to put it in their drawer and have a school snack. They may, however, be permitted to eat it at lunchtime.

- Mild Cheese (not processed products such as Cheese Strings and Dairy Dunkers)
- Breadsticks
- Plain Rice Cakes
- Wholemeal Pitta Bread
- Fresh Vegetables
- Fresh Fruits (not Fruit Winders/Yoyos/Fruit Flakes etc...)
- Plain Raisins (not yoghurt coated)

The Government also provides all infants with free fruit and vegetables during the day, which our children eat at morning break. Milk is also available with payment from parents and is free for 'under fives'.

### **School Lunches and Packed Lunches**

School meals are prepared by Chartwells the catering team and meet the nutritional standards for school lunches. Where possible, this includes the use of fruit and vegetables each day within the meal plan. A free school meal is offered to all children in the school every day in line with new government legislation.

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. We try and discourage sweets, chocolate bars or fizzy drinks. See the School Council Healthy Lunchbox Recipe Booklet for healthy packed lunch ideas.

Special Diets: The Chartwells catering team will provide food in accordance with pupils' religious and cultural beliefs.

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

Food Allergies: We ask parents/carers to make us aware of any children in school with allergies or food intolerances. Individual care plans are created for pupils if necessary.

## **Water For All**

Water is freely available throughout the school day to all members of the school community. 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 breaks are built into the school day and curriculum by class teachers.

## **Food Across the Curriculum**

In Foundation Stage (YR) and KS 1 (Y1 and Y2) 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 children 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.

Out-of-hours learning about food and healthy lifestyles include Gardening Club, Karate Club, Football Club, Tennis Club, Bee-Fit Club and Change 4 Life Club.

### **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.