

SIR JOHN BARROW SCHOOL

Whole 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 Personal, Social, Health Education (PSHE), 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 and skills they need to make healthy choices
- To promote health awareness and the importance of knowing what is in the food we eat
- 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

Breakfast Club

Breakfast Club operates every morning and aims to provide a nutritional breakfast which is accessible by all pupils. It ensures an early arrival to school for some pupils so increasing punctuality and attendance and is able to meet the requirements for wrap around care of some working parents. Pupils are ready to learn having had their hunger satisfied, with the effects impacting on behaviour and so raising standards. A charge of £1.50 per day is made but the cost is subsidised by the school.

Healthy Tuck Shop

A selection of fruit and snacks is available to purchase at morning break. The Tuck Shop is monitored by Mrs R Gifford, Administrator/Mid-day Supervisor. Children can bring in their own snack at break times but this is limited to fruit.

School lunches and packed lunches

All our school meals are provided by a contracted caterer who has a healthy food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot meal which pays regard to nutritional balance and healthy options. The contracted Caterer follows the government guidelines within the School Food trust document for the provision of School meals. The kitchen has a schedule of food/products which should be included on a daily or weekly basis. In addition, all the menus/recipes are put through a 'safron system' which details all the allergen information.

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

Water is freely available throughout the school day to all members of the school community. Every child is encouraged to purchase a water bottle in which to store water. Children may drink their water at any time except during assembly and are encouraged to drink more after exercise and during hot weather.

Milk

Milk for the infant children is subsidised through Cool Milk Project. Nursery pupils and those under 5 receive free milk whilst the remainder of the infant children pay 22p per carton (250ml).

Fruit

Infant pupils receive free fruit daily as part of the School Fruit and Vegetable Scheme. Under the scheme, each child aged four to six is entitled to receive a free piece of fruit or vegetable each school day. The scheme is to encourage children to eat more fruit and vegetables and help towards their 5 a day, with the focus being on reducing obesity and the risk of heart disease, stroke and some cancers.

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 growing, 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, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.
- **History** provides insight into changes in diet and food over time, allowing children to learn about what people ate in the past, the equipment used and the different food cultures present then.
- **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 Design and Technology (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 body image. Pupils are able to discuss issues of interest to young people, eg, advertising and sustainable development.

- **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.
- **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** provide pupils with activities to learn about food sources and to enhance their physical development.
- **The Arts** can promote Healthy Eating, through projects such as art work displays and songs about food and health

Children are occasionally allowed sweet items in school as a treat, supporting a healthy approach to food and a balanced diet, eating sweeter items in moderation rather than never.

Cookery Club

An after school Cookery Club is provided. Children work in groups to learn about ingredients and cooking techniques, preparing food items which are shared at home or sold at school events. Some ingredients are taken from the school garden where salad and other vegetables are grown. The importance of understanding what is in the food we eat is underlined, promoting a balanced approach to healthy eating. Children learn about the important role that different food groups play in ensuring a healthy outlook to food, along with the skills and desire to create dishes themselves from base ingredients.

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 newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day.

If sweet items are brought in by parents or visitors, as a gift for the children, these are given to be eaten out of school.

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 is responsible for supporting colleagues in the delivery of the Food Policy
- The LA is responsible for ensuring the quality of the food offered as part of the contract with the caterer
- This policy will be reviewed every two years to take account of new developments.

Signed: H Pemberton

November 2016

Review Date November 2018