



Green Meadow Primary School Whole School Food Policy

Introduction

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

Aims

It is a primary aim of our school that every child should be made aware of what constitutes a healthy diet. We are a caring school, whose values are built on mutual trust and respect for all. This policy is designed therefore to ensure that all members of the school are aware of our healthy school aims and targets.

The school has a number of rules, but the primary aim of this policy is not to inflict a set of compulsory rules but rather to encourage the community to adopt a healthy lifestyle and instruct children in adopting a healthy lifestyle.

The school will expect every family to try and support us in showing our children the correct way to eat. This in turn will help to improve overall health and a sound knowledge of what our body needs to grow healthily.

This policy is therefore designed to promote a good eating ethos and to make children aware that not all foods are safe for everyone to eat.

Curriculum

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussion and role-play.

Leading by example and staff training

All school staff have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

Resources

Healthy eating is promoted throughout the whole curriculum and more so in Science & PSHE. Books, film clips, leaflets and games are used to promote healthy eating in school. Below is a website which supports our approach:

<https://change4life.service.nhs.uk/change4life>

Evaluation of pupils learning

The healthy eating aspects of the National Curriculum are assessed through both formative and summative assessments.

Food and drink provision throughout the school day

Snacks

The school recognises that a snack can be an important part of the diet of young children. We run the free fruit scheme for EYFS/Key Stage 1 children and they are encouraged to eat a piece a day, at snack time in the morning. Key Stage 2 children are also encouraged to bring fruit for snack time and, as all children (KS1 / KS2), are able to buy toast and a piece of fruit from the school canteen at morning play. These items are all sold at cost price.

Water is available all day from each classroom and the children have been provided with water bottles for use in the classroom.

Lunch

Food prepared by the catering team meets the National Nutritional Standards for School Lunches. It is all prepared from fresh daily.

Parents are encouraged to pack healthy lunches for their children.

Special Dietary Requirements

Parents are requested to inform the school if their child has any special dietary requirements. The school kitchen will provide food in accordance with pupils' religious beliefs and cultural practices. We also offer a vegetarian option at lunch everyday. When necessary we will also provide a vegan option.

Food allergy and intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. The school kitchen is made aware of any food allergies/food intolerance and requests for special diets are submitted according to the agreed process.

Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available, that food handlers undergo appropriate food hygiene training and that suitable equipment and protective clothing are available. We consult our local Environmental Health Department about legal requirements.

Monitoring and Evaluation

Parents are invited to view the healthy eating policy and to contribute to a healthy eating approach where appropriate. The Head teacher reports to Governors.

December 2018.