

Atwood Primary School



Whole School Food Policy

In March 2009 Atwood Primary School was selected by the Food for Life Partnership (FFLP) to become a Flagship school. We are working towards the 'Gold' Mark and this is the revised Whole School Food Policy developed by the School Nutrition Action Group (SNAG). This policy incorporates views from parents, staff, pupils and governors, and is guided by FFLP.

Whole School and Community Mission Statement

To influence and improve the health of the whole school community by equipping pupils and their families with ways to establish and maintain lifelong healthy eating habits that benefit both themselves and the environment.

This shall be accomplished by providing high quality food education and food service and ensuring consistency in food messages throughout the school day.

We aim to create a happy school environment where we encourage children to develop a healthy lifestyle and good manners.

Food Leadership

Aim

To ensure leaders and governors facilitate the role school plays, as part of the larger community, in promoting family health and sustainable food and farming practices.

Objectives

- To ensure the whole school and community are consulted on school food issues via a SNAG
- To work with the whole school and community to develop an agreed whole school food policy and action plan
- To ensure the whole school and community are kept informed of key changes in relation to food issues in school
- To build the confidence of parents in the school meal service and improve the take-up of school meals, including free school meals
- To support the provision of healthy packed lunches and snacks
- To ensure key staff and teachers have the necessary skills to educate the whole school on food and nutrition topics.

The member of staff responsible for school food is the Healthy Schools Co-ordinator.

The Head Teacher will oversee and coordinate food issues including physical resources and organisation. Our school cook will be responsible for the provision of school meals and meeting the needs of children with special dietary needs. Our Senior Lunchtime Supervisor will assist with responsibilities for school meals supervisors and other related issues at lunchtime.

Food Quality and Provenance

Aim

To ensure pupils and staff receive nutritious, fresh, local and organic food at lunch and throughout the school day, and that this food is delicious, seasonal, affordable and safe.

Objectives

- To provide food of consistent nutritional quality throughout the school day, ensuring it meets the Governments food-based and nutrient-based standards
- To seek to achieve the Food for Life targets of 75% freshly prepared, 50% locally sourced and 30% organic ingredients, and to address issues of seasonality, animal welfare and sustainable fishing
- To ensure that catering staff are involved in the life of the school and given opportunities for continuous professional development
- To ensure pupils have easy access throughout the day to drinking water and that this is separate from the toilet area.

Our lunchtime and after-school meals are provided by Eden Foodservice. Some children bring a packed lunch to school; we do not allow sweets, crisps, chocolate bars or fizzy drinks. Breakfast is provided by the school as part of breakfast club.

Cooled water is freely available throughout the school day to all members of the school community. Children are provided with their own water bottles from which they may drink at any time except during assembly, and which may be refilled from the school's cooled water.

We do not use vending machines in our school nor do we run a tuck shop. During other school events e.g. outings, after school clubs etc. the school will also observe the Whole School Food Policy in the range of refreshments offered to the children.

The food menus are available to all parents/carers online through ParentPay, and parents are able to see what their child has selected from the menu within minutes of it happening.

Food Education

Aim

To provide a well-planned curriculum that incorporates messages about nutrition, food hygiene and sustainable and ethical food production, and which is complemented and reinforced by practical hands-on food education like cooking and growing projects and farm links.

Objectives

- To help pupils develop an understanding of the relationship between a healthy diet and physical activity for their short and long-term wellbeing and health
- To give pupils and the wider community the opportunity to acquire basic skills in planning, preparing and cooking healthy meals, and an understanding of basic food hygiene
- To provide pupils and members of the wider community with the opportunity to learn about the growing and farming of food and its impact on the environment

- To provide opportunities for pupils to eat and cook with vegetables that they have grown themselves
- To create opportunities for pupils to connect with local producers and food businesses, to help them become intelligent and responsible food consumers.

In Early Years Foundation Stage (EYFS), Key Stage 1 (KS1) and Key Stage 2 (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 farming, shopping, preparing and cooking food.

There are many cross-curricular links that can be made involving most subject areas that relate to food and healthy living.

Science provides an opportunity to learn about the food types available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

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 their responsibility for their own health and well being, teaches them 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.

The school is committed to providing a minimum of 12 hours cooking lessons for every child each year.

Food Culture and Community Involvement

Aim

To create an enjoyable and sociable dining experience for pupils in school, and a lively food culture within the school and its wider community.

Objectives

- To provide an enjoyable lunchtime experience and environment
- To ensure parents and carers are involved with developing a healthy approach to packed lunches and snacks in school
- To ensure any collaboration or sponsorship with businesses further the Food for Life Partnership aims, and any endorsements of brands or products comply with the Government food standards
- To promote a good understanding of healthy and sustainable food in families and the wider community through the involvement of parents and community groups in growing and cooking projects and food events
- To share the learning experience on food issues with other schools and community groups.

Our lunchtime arrangements enable children having a school meal or a packed lunch to sit together. Our Year 5 pupils who volunteer to be 'buddies' may choose to help in the playground, the lunch hall or both. The 'lunch buddies' assist the lunchtime supervisors

with tasks, helping other children, and encouraging positive behaviour. Experience has shown that the optimum number of buddies is six to eight.

Teaching staff and teaching assistants are encouraged to eat with the children in the dining hall, which encourages good manners and good behaviour.

EYFS and KS1 generally use the dining hall before most of KS2 to enable them to have sufficient time to enjoy their meal and still have some time for outside activities.

Food will not be used as a reward. During out of school events e.g. school discos and seasonal celebrations the school will encourage parents and carers to consider the Whole School Food Policy in the range of refreshments offered to children, which also means giving children a choice.

Implementation and Monitoring

This policy will be monitored by the School Nutrition Action Group (SNAG) and reported annually to the Governing Body. Any changes will be reported to the community through newsletters and on our website.

During the coming year, and whilst working towards the FFLP 'Gold' Mark, we will be constantly monitoring and reporting on progress.

Definitions and terminology

Healthy Eating is defined by the balance of good health.

Vegetarian is defined as someone who will not eat meat or fish, or associated products for cultural, religious or moral reasons.

Food allergy is defined as sensitivity towards specific food items.

Date policy agreed by SNAG: **November 2009**

Date policy agreed by Governing Body: **19 January 2010**

Date for review: **November 2010**

