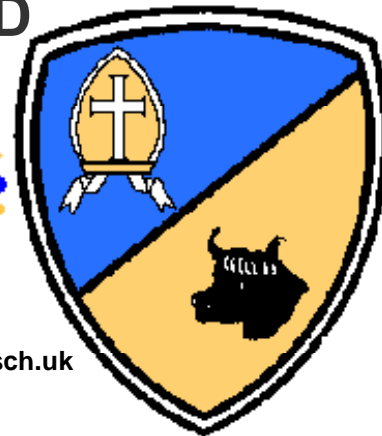


ST. LUKE'S CHURCH OF ENGLAND PRIMARY SCHOOL



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FOOD POLICY

Date of Policy: 2010

Review Date: 2013

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 PSHE & C, Drug Education and Sex and 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.

We have used the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our school:

- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

Rationale:

St Luke's is a healthy school. 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

Breakfast and After School Club:

The St Luke's Extra Care Safe "n" Sound Club operates a breakfast and after school club on a daily basis for all school pupils.

The food offered is healthy and is consistent with a healthy diet. At breakfast they provide toast, bread (range of options including white, brown, granary, buns, baps and rolls), low fat spread, fruit conserve, cheese, marmite, yoghurt, low salt/low sugar fortified cereals and sliced fresh fruit. Children choose from water, milk, orange and apple juice, or sugar free squash to drink.

The after school provide a range of snacks including sandwiches, soup, homemade pizza, crumpets, cheese and crackers, pasta, reduced fat garlic bread, some fresh fruit or salad is served every evening, along with a choice of drinks.

Snacks:

All our children are able to purchase milk, toast or fruit at morning break times. Children in Key Stage 1 also receive either a piece of fruit or a vegetable at every afternoon playtime. Monitors are responsible for collecting all snacks and distributing to classes throughout the school. No other snacks are allowed during break times.

School Lunches and Packed Lunches:

All our school meals are provided by M.C.C.S. a contracted caterer who has a healthy food policy as part of their tender. Options include the use of fresh fruit and vegetables every day as a choice for the children. They provide two hot options and a choice of sandwiches every day all of which meet the new nutritional standards.

Many children bring a packed lunch to school. We regularly include newsletter items about the contents of these and we do not allow fizzy drinks.

Water for all:

Water is available throughout the school day to all members of the school community. There are water fountains located in all infant classrooms and outside the junior classrooms. All children can bring a clear named water bottle into school. The water bottles can be refilled during the day and it is the parents' responsibility to ensure bottles are cleaned and refilled daily.

Food across the Curriculum:

In The Foundation Stage, Key Stage 1 and Key Stage 2, 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, 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.

R.E. 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 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, e.g. advertising and sustainable development.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

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 who rely on growing food as their source of income. 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.

School visits provide pupils with activities to enhance their physical development e.g. to activity centres.

Out of hours learning includes various sports and games.

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 packed lunch policy through school newsletters. We ask parents not to send fizzy drinks and remind them that only water may be drunk during the school day, except at morning break times when milk is also available and lunch when children may drink juice or squash.

During out of school events, e.g. school discos etc., the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children.

Rewards in school / Birthday Treats (See also Discipline Policy)

Food is not given as a reward in school. Parents are encouraged to send a small piece of playground equipment e.g. ball or beanbag etc. for the class playground games bag when it is their child's birthday.

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 After School Club Manager is responsible for ensuring that the food served is in accordance with this policy. Key Stage Coordinators and Subject Coordinators are responsible for the curriculum development of the Food Policy. The Headteacher and PSHE Coordinator are responsible for supporting colleagues in the delivery of the Food Policy. The Local Authority is responsible for ensuring the quality of the food offered as part of the contract with M.C.C.S.

This policy will be reviewed in three years time or as necessary to take account of new developments.



INVESTOR IN PEOPLE

