

# Chidham Parochial Primary School

## Food Policy

### **School Vision:**

*'A happy school where every learner will have the support and encouragement they need to enjoy their learning, make good progress, and be successful in achieving to the very best of their ability.'*

*John 15 v 12 " Love each other as I have loved you"*

Written: April 2020

## **Purpose of the policy**

The purpose of this policy is to provide clear information about the roles and responsibilities of our school and the Governing Body in relation to healthy eating activities. In our school we are committed to giving all our pupils consistent messages about all aspects of health, to help them to understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. The school recognises the important connection between a healthy diet and the ability to learn effectively. It is also in accordance with the UN Convention on the Rights of the Child (on which our Rights Respecting School work is based) All children have a right to good health and good quality health care. All children should have clean water, nutritious food and a clean environment so they stay healthy: Article 24.

## **Rationale**

Chidham Parochial Primary School is a healthy school. We consider all elements of our work to ensure that we promote health awareness in all members of the school community. We aim to provide a valuable role model to our pupils and families with regard to food and healthy eating patterns.

## **Aims and objectives**

- To ensure that we are giving consistent messages about food and healthy eating
- 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

## **Role and responsibilities**

The Governing Body monitors and evaluates the implementation of the food policy. The Head teacher ensures that this policy is implemented and monitored in the day to day work of the school. A Food Hygiene Code of Practice is displayed in the Kitchen and further information about food safety is available on the West Sussex Health and Safety A to Z pages of the WSCC website. This policy is formally reviewed every three years and / or when legislation changes.

## **Settings for Food Policy**

We do not use vending machines in our school.

## **Snacks**

All children may bring a healthy snack of a piece of fruit or vegetable to eat at playtime. There is free fruit to all children in Year R to Y2 as part of the government's healthy food scheme.

### Special dietary needs / allergies

The school supports pupils with dietary needs whenever possible.

### Lunches

Many children bring a packed lunch to school - fizzy drinks are not allowed. Hot school lunches are available to all children and staff. It is provided by the County contractor, following their healthy food policy, and with regard to nutritional balance and healthy options.

### Lunch times

Children are reminded to wash their hands before eating their lunches and are encouraged to talk with their classmates and enjoy eating together. They are responsible for keeping their tables clean and tidying up after they have eaten. The pastoral care of pupils at lunch time is of great importance, and is overseen by the lunch time supervisors in the first instance. The pupils from London Plane Class (Y6) act as monitors to help the children in Cherry Class (YR) at lunchtime

### Water for all

All children have access to drinking water during the day. They may drink their water at any reasonable time as explained in their classes and are expected to take responsibility for the care and cleanliness of their bottles. Children must have their water ready and available at the start of each lesson and may not fill their bottles during lessons. A water fountain, cups near sink are available for children who have not got a bottle in school.

### Food across the curriculum

Many aspects relating to food are covered in all areas of the curriculum and these are clarified in the appendix to the policy.

### Food as rewards

As a general rule sweets are not used as rewards by the school, but if given they are not eaten in school but taken home to enjoy with parental permission.

### **Partnership with parents and carers**

The partnership of home and school is vital in shaping how we work together to secure healthy lifestyles for our children. Parents and carers are required to keep the school up-to-date about any allergies to food, including severe peanut allergies, enabling the school to plan for individual needs and requirements. Parents and carers are regularly informed in newsletters, about water and packed lunch policies. On occasions special events and information workshops for parents

are held, to help increase knowledge and raise awareness about healthy eating.

### **Monitoring and review of the policy**

This policy is reviewed by the Governing Body. It will take account of any evidence of impact on the health and well being of pupils and on curricular provision.

### **Appendix to the policy**

#### Food in the curriculum

In all year groups there are opportunities for pupils to develop their 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.

- *English* 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 an advert for a food item. In phonics looking at the grapheme "o" using foods to support that learning e.g ring doughnuts
- *Maths* can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients. Or using food to support specific aspects e.g smarties re. probability
- *Science* provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contribution to health and how the body responds to exercise.
- *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.
- *Computing* can afford pupils the opportunity to research food issues using the internet and other electronic resources.
- In *Art and Design Technology* 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. Tasting foods e.g biscuits in order to support their own enquiries before planning and creating their own food.
- *PSHCE* 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 body image.
- *Music* can provide pupils with knowledge about different properties of cooked and uncooked food where pulses and grains are used in unpitched percussion instruments.

- *Geography* provides the focus on the natural world and changing environment, offering the chance to consider the impact of consumer choices on people across the world who rely on growing their food as their source of income.
- *History* provides insight into the 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. Discussions had re. importance of eating for energy and strength and drinking water for hydration.
- *School visits* provide pupils with activities to enhance their physical development and experience food in different locations, including picnics and on a residential trip.

Signed:



Date: 14<sup>th</sup> April 2020