



# Food Policy

Reviewed and updated Dec. 2017

## National Curriculum Context

*“Personal, social and health education and citizenship states that (PSHE) gives pupils the knowledge, skills and understanding they need to lead confident, healthy independent lives and to become informed, active, responsible citizens.”*

**The National Curriculum Handbook 1999**

## Aim

The School and Governors of William Davies Primary School recognise the important connection between a healthy diet and a pupil’s ability to learn effectively and achieve high standards in school. We also acknowledge the role the school can play, as part of the larger community, to promote healthy eating, through teaching our pupils and their families thus helping to establish healthy eating models they can maintain throughout life.

William Davies Primary School actively promotes and encourages our pupils, parents and staff to engage in a healthy lifestyle that will enhance their personal well-being. The school appreciates that the sharing of food is a fundamental experience for all and a primary way to nurture and celebrate our diversity and is an excellent bridge for building friendships.

## Objectives

We will actively promote a healthy ethos in our school through:

- Our curriculum
- Our after school clubs and through the school dinner menu.
- Ensuring that pupils have access to safe and nutritious food and water in school and on school visits.
- Ensuring that the religious, ethnic, vegetarian, medical and allergenic needs of pupils and staff are taken into account.
- Making the provision and consumption of food an enjoyable and safe experience.
- Ensuring all pupils in the Foundation Stage and KS1 having access to a piece of fruit during morning break time.
- Sending home letters to parents asking them to consider the items they put into their child’s packed lunch boxes, with suggestions and ideas on how to help their child maintain a healthy diet.
- Monitoring of packed lunches.

## **Snacks**

All of the under fives are entitled to free school milk and all pupils in Foundation Stage and Key Stage 1, have fresh fruit provided for their mid morning break. Pupils in Key Stage 2 are encouraged to bring a piece of fresh fruit or water for their morning break. No other snacks are allowed during breaks.

## **School lunches and packed lunches**

A contracted caterer supplies all our lunch meals. Meetings are held between the Headteacher, Family Liaison Officer and the caterer to discuss the options and choices available for pupils and staff. The caterer works on a four-week menu cycle that is formulated to ensure a balanced nutritional diet. There is a variety of choices each day for main meals and desserts; a salad bar is also available each day. These menus are approved by the Headteacher. Currently, all Newham children of primary age may have a school meal free of charge.

Many pupils bring packed lunches to school. We regularly remind parents and pupils about the contents of packed lunches and what makes a healthy lunch box. Pupils are not allowed to have sweets, chocolate, nuts or fizzy drinks in their lunch boxes. (Sweets; children are allowed to bring sweets to share to celebrate their birthday with their class.)

## **Water for All**

Water is available to all pupils from the water fountains placed around the school. Pupils are also encouraged to bring a bottle of water from home to use in their classrooms during the day. Pupils are allowed to drink at the beginning and end of lessons, unless it is very hot when they have free access to water and are encouraged to have their own water bottle.

## **Food across the Curriculum**

In the Early Years Foundation Stage, Key Stage 1 and Key Stage 2 there are a number of opportunities for pupils to develop knowledge and understanding of health through the curriculum, including the understanding of nutrition, healthy eating and where food comes from.

**Literacy** provides the pupils with the opportunity to explore food and food related issues as a stimulus through persuasive writing, argument and narrative work.

**Numeracy** offers the possibility of understanding nutrition labelling, calculating quantities, weighing and measuring for ingredients.

**Science** allows the opportunities to learn about the types of food available and how the body responds to food types and what food is required to keep healthy.

**R.E** provides the opportunity to discuss the role food plays in various religions. Pupils experience different foods associated with religious festivals.

**P.S.H.C.E** encourages pupils to take responsibility for their own health and well-being. It will also help to encourage them to adopt a healthy lifestyle and address issues such as body image.

**Geography** allows pupils to focus on the natural world and the changing environment, giving pupils the chance to consider the impact of their consumer choices on the world around them.

**P.E** provides pupils with the opportunity to develop a healthy physical lifestyle.

### **Food Allergies**

When parents inform us of any food allergies we prepare a management plan. Various risk assessments take account of food allergies known or as yet unknown. If a child has a previously unknown allergic reaction in school, we follow emergency first aid procedures. Call ambulance then call parent.

### **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, although this is not always easy.

Parents are also reminded of what makes a healthy lunch box. Reminders are sent to parents asking them not to send in fizzy drinks and chocolate snacks. Parents are encouraged to have a school lunch on our 'Come to school Days.'

### **Halal Kitchen**

The school kitchen is halal and holds a certificate which is displayed on our website.

### **Monitoring and Evaluation**

- The Senior **Leadership** team monitor planning and observe lessons.
- Questionnaires are sent out to parents and children to gain their views on the school lunch service provided.
- Parents are asked to fill out questionnaires on how they found the meal, service and environment on our 'Come to School Day.'