

SOUTHROP C OF E PRIMARY SCHOOL

FOOD POLICY

ISSUE DATE: DECEMBER 2019

REVIEW DATE: DECEMBER 2021

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1.0 Statement of Intent.

1.1 Southrop C of E Primary School wishes to ensure that all aspects of food and nutrition in school promote health and wellbeing of pupils, staff and visitors to our school. We recognise the important connection between a healthy diet and our pupils' ability to learn effectively and achieve high standards in school. We also recognise the positive contribution our school can play, as part of the larger community, to the health and well being of pupils, staff and visitors to our school.

2.0 Objectives: What do we want to achieve?

2.1 We wish to improve the health of the school community by showing pupils and families ways to establish and maintain life-long healthy eating habits. We seek to achieve this through food education (such as preparing, cooking and growing food).

2.2 We will use the following tactics to support the objectives:

- Review formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up-to-date.
- Consider the best means to enable each child to access quality drinking water throughout the school day.
- Give children the opportunity to regularly prepare their own healthy food.
- Ensure that staff with responsibility for food have basic food hygiene training.

3.0 Guidelines: How are we going to meet our objectives?

- Discuss at School Council.
- Formal curriculum: Set up cross-curricular working group to audit food based topics at each key stage
- Ensure that each child in the infants class is provided with a fresh piece of fruit or vegetable each day before morning break time This will currently be funded for the Infants via the Government “Five a Day” initiative.
- Ensure each child in the juniors class has a chance to eat a piece of fruit or vegetable of their choice brought from home before morning break
- Encourage parents to include only healthier options in pupils’ lunchboxes.
- Maintain a ban on fizzy drinks and sweets in school.
- Encourage children to drink water often during the day.
- Extra-curricular: Use external partner organisations to include opportunities for cooking in school.
- CPD: Send teacher in charge of food on 1-day basic food hygiene course.
- Provision of healthy choices guidance to parents so that they can support this policy through their choices in providing packed lunches for their children.
- Remain part of the GCC school meals contract whereby the provision of hot meals will meet the appropriate nutritional standards set by the DfE.

4.0 Equalities

- 4.1 This policy has been written to take into account the needs of all regardless of age, disability, race, religion, belief and gender.

5.0 Values

- 5.1 Our twelve school values underpin the life of the whole school community. Those particularly pertinent to food are:

Creativity. We will use creativity in the design of our curriculum to make the subject of food as engaging as we can.

Respect. We will teach children to show respect for their food and where it comes from.

6.0 Monitoring and review

- 6.1 This policy is monitored by the Governing Body and will be reviewed in two years or earlier if necessary.