

ULEY CEVC PRIMARY SCHOOL WHOLE SCHOOL FOOD POLICY

Mission Statement

Uley is a Voluntary Controlled Primary School whose focus is on each individual, acknowledging both their Rights and Responsibilities.

Christian values drive all aspects of school life, curriculum and ethos. Academic rigour is valued at all stages, with the classroom focus on challenge, engagement and achievement.

Learning is celebrated in all its forms and everyone is equally valued and respected in a caring and secure environment.

In partnership with parents and the wider community, the children grow and develop as we prepare them to meet the challenges of education, work and life.

Background

This policy has been formulated to enable Uley CEVC Primary School to develop and maintain a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit pupils, staff, parents, caterers and others associated with the school.

Aims and Objectives

Uley CEVC Primary School recognises the important connection between a healthy, balanced diet and a student's ability to learn effectively and achieve high standards in school.

- Uley school aims to ensure that pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food and a safe, easily available water supply during the school day.
- Uley recognises that it has a responsibility to ensure that all members of the school community are able to make informed choices about the importance of food and its production.
- Uley also recognises the role it can play, as part of the larger community, to promote family health, and sustainable food and farming practices.

- 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 that supports a healthy lifestyle.
- Uley School is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and teachers.
- Uley recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.
- Uley is committed to ensuring that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- Uley is committed to ensuring that it involves pupils and parents in guiding food policy and practice within the school, and enables them to contribute to healthy eating, and acts on their feedback.

In 2009 Uley CEVC Primary School was granted Healthy School status.

- The head teacher oversees all aspects of food in school and a member of staff is appointed to be National Healthy Schools Status co-ordinator. We continue to uphold the Healthy School Scheme values at Uley.
- Uley is committed to provision of training in practical food education for staff, including diet, nutrition, food safety and hygiene.
- Uley is committed to introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

Settings for Food Policy

In accordance with the aims and objectives of this policy, the following settings will apply to the food policy and provision in the school.

Breakfast Club

Breakfast Club operates on a daily basis at Uley for all children from age 5. We will actively promote Breakfast Club to those children who may have little or no time for breakfast in the mornings at home. Food offered includes healthy choices and is consistent with a healthy diet. We will provide toast, bread (range of options including white, brown, granary, buns, baps and rolls), butter, fruit jam, marmite, yoghurt, low

salt/low sugar fortified cereals, and fresh fruit. Children choose from water, orange juice and apple juice to drink. Other foods will not be provided.

Snack

Water or Milk may be drunk. Children under 5 are entitled to free milk at snack time, and others may purchase milk. The school will actively discourage all other snacks at morning break time. Reception, YR1 and YR2 children also receive a free piece of fruit or veg every day from the Government Fruit and Veg Scheme. Fruit sourced by the school should, when possible, be obtained locally. Food containing nuts is not allowed in school, on grounds of health and safety considerations to nut allergic members of the school community. Commercially bought sweets and chewing gum are also not allowed in school.

Water

Plentiful drinking of water by school children has been recognized in improving behaviour and concentration. Children should be regularly reminded to drink water at break times. Chilled drinking water will be provided from taps. Children are encouraged to bring plastic bottles of water to school also.

School Lunches

Children bring packed lunches to school. At every opportunity the school informs parents of the need to ensure these lunches are healthy and regularly reminds them of the government guidelines towards healthy eating practices and the need to provide a balanced and varied diet.

In class and assemblies this message is reinforced to children in order to help educate and guide them to make appropriate choices.

Uley CEVC Primary school is committed to encouraging parents to provide healthy lunchboxes for their children.

Uley Primary school actively discourages some packed lunch foods. A list of foods considered to be in this category includes the following: Crisps, Sweets & Confectionary, Chocolate Bars, and 'Squash' or Added-Sugar and/or Sweetened Drinks. Fizzy Drinks are not allowed in school, on grounds of health and safety.

Uley recognises that parents provide packed lunches for a variety of reasons, including dietary requirements or intolerance, and religious observance. For this reason, no food may be swapped or shared from packed lunches. Food swapped or shared may be confiscated.

Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten.

The Dining Environment

Uley is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and teachers. As such all the children eat together in the hall. We aim will aim to provide a calm, ordered environment conducive to mutual respect and good behaviour.

It is also committed to the following:

- Active help for children (particularly young children) who find the physical process of school dinners or packed lunch difficult – for example, opening tubs or packets,
- Encouraging all children to eat the food they have been provided with.
- Provision of water jugs, containing clean water, and cups on every table
- Encouraging the labelling of Food served to encourage a balanced, healthy diet
- Encouraging children to wash their hands before eating.

Rewards

Uley recognises that pupil achievement should be celebrated and rewarded when appropriate, and that food can play a role in such celebration. Any food given to children as a reward for achievement should be very limited and form part of a balanced, healthy diet. Foods or drinks high in sugar, such as sweets or squash, should never be given as rewards. It is also recommended that other forms of reward are also given.

Food in the curriculum

Food represents many things to us all: energy, nutrition, commodity, livelihood, communal activity and pleasure, to name but a few. Its significance in our lives means that it can and should be used to enrich the school curriculum. The school curriculum can in turn be used to enrich pupils' experience of food and healthy eating.

Assemblies also offer an opportunity to explore health and food-related issues.

Curriculum content will focus on:

the importance of food groups and the role they play in promoting growth

- the development of strong healthy bodies,
- what constitutes a balanced diet
- an understanding of cultural diversity
- the development of respect and understanding towards the beliefs and attitudes of others.

- How food is produced.

Policy towards chocolate

Chocolate is not a healthy food and as such will not be allowed in school. Children are not allowed any form of sweets in class or the playground.

Partnership with parents and carers and pupils

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 and pupils are regularly updated on food policies and procedures through class newsletters.

During out of school events, eg 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.

Role of the Governors

Governors monitor and check that the school policy is upheld and are responsible for developing this policy in consultation with the school community.

Monitoring and Evaluation.

Evaluation of the progress made by the school in implementing and sustaining the Aims and Objectives of this policy will be made by the Governor with responsibility for Food, and the SMT member with responsibility for Food on an annual basis.

Policy written and approved: Autumn 2006
Reviewed: Autumn 2011