



## **Horsley C of E Primary School Food Policy**

### **Agreed Statement:**

The following statement has been approved by governors, staff, pupils and parents at Horsley C of E Primary School:

*At Horsley C of E Primary School, as part of our commitment to providing a broad and balanced curriculum which meets the needs of all individuals, we promote Healthy Eating. We do this by:*

- *encouraging the consumption of fruit and vegetables at playtimes;*
- *the provision of a balanced lunch, by the School Meals Service;*
- *through the active promotion of this policy, to collaborate with parents to ensure the lunch boxes provided for children contain a suitable balance of foods;*
- *only using sweets, chocolate and other snacks as occasional treats.*

### **Why do we have a food policy?**

- To ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to our school.
- To make it clear that this school actively supports healthy eating throughout the school day because there is an important connection between a balanced diet & a student's ability to learn effectively.
- To ensure the school plays its part in the larger community by helping to promote family health, and sustainable food and farming practices.

### **What do we want to achieve?**

- To ensure that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- To ensure the provision and consumption of food is an enjoyable and safe experience.
- To ensure that the whole school community understands that a balanced diet is recommended.
- To increase awareness of the impact of diet upon our well-being, particularly the ability to be active and ensuring dental health.

- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To increase pupil, parent & staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To ensure 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.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

### **How our Food Policy is implemented.**

1. School Ethos
2. Curriculum
3. Break time
4. Lunchtime
5. Staff & Visitors
6. School Visits & Events
7. Community Involvement

#### **School Ethos**

The importance of a balanced diet is consistently communicated throughout the school day including trips & events. Staff are also encouraged to participate & model healthy eating as a valuable part of daily life.

It will be made clear that the emphasis placed on a balanced diet is to enable safe & effective learning as well as providing a foundation for good health.

#### **Curriculum**

PSHE, Geography, Science, Food Technology, RE & Languages all contribute to the curriculum delivery of food education.

It maybe appropriate for a wide variety of foods to be prepared & consumed within the curriculum or at a celebration. It is recognised that eating together 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. The context of a balanced diet makes this entirely appropriate provided everyone's dietary needs are met. The impact of a diet becoming unbalanced will also be considered, with dental health being a priority for this age group.

Parents sometimes wish to give out birthday food, which is reasonable as part of a social celebration.

All pupils & staff have water freely available at all times & are able to refill bottles as required.

### **Break time**

At break times our pupils are encouraged to consume fruit and vegetables. Fizzy drinks are not allowed. The drinking of water is encouraged at breaktimes as well as in the classroom. This is to ensure that pupils return to the classroom prepared & refreshed for learning. It will also help us to limit litter & control the environment to make it safe for a pupil with a nut allergy.

### **Lunchtime**

Lunches meet or exceed the national guidance. **All** pupils have a choice enabling them to eat healthily. No fizzy or sugared drinks are provided. Water or milk are always freely available.

Pupils are encouraged to taste & eat new foods.

Staff, time & seating arrangements are sympathetic to a positive social eating environment for those buying lunches & those eating a packed meal.

Packed lunches are monitored & the curriculum encourages healthy sandwiches etc. Appropriate storage arrangements are made.

### **Staff & Visitors**

Staff and visitors will be encouraged to model the food policy.

### **School Visits & Events**

Food served at events & offered on trips will be consistent with school policy.

### **Community Involvement**

At all stages the wider community will be involved in developing & implementing this policy. This will ensure that work is sustainable & that best practice is communicated. For example; practical healthy lunchbox advice at a parent event or school councils generated healthy snacks list issued by them to parents.

## **Equal Opportunities**

Provision is allowed for special diets eg medical, cultural, vegetarian & for appropriate serving.

Free packed & cooked lunch provision will be handled sensitively.

## **Personnel**

The Head is responsible for food in school.

## **Monitoring and Evaluation**

The Head will monitor the effectiveness of this policy ensuring that training & resourcing are appropriate & up to date.

## **Policy Development & Review**

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff including the catering staff, Governors, LA representatives, community dietitian, school community nurse and local Healthy School Standards representative.

This document is freely available to the entire school community. It has also been made available in the school newsletter, web-site and prospectus.

This policy will be reviewed on a regular basis.

**Review date**.....

**Signed**.....  
**Chair of Governors**

**Date**.....