

St. Joseph's In The Park



Policy Title Food	Date June 2019
Owner Head Karen Tidiman	Date for review June 2021 (Health and Safety Committee)

This policy is for whole school including EYFS.

1 Introduction

We are committed to ensuring that the children in our care grow into healthy adults, this being the first of the five principal requirements of the Children Act 2004 ('Every Child Matters'), i.e. that they:

- be healthy;
- stay safe;
- enjoy and achieve;
- make a positive contribution;
- achieve economic well-being.

Consequently, St. Joseph's In The Park does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food. Our Whole-School Food Policy is designed to contribute a vital element to our strategy of creating a school environment in which children can thrive. We believe that it is only through a whole-school approach that the key messages about food and drink can be really effectively conveyed. This document sets out our policy on this.

2 Aims and objectives

- To help children know and understand the importance of food and drink in a healthy lifestyle.
- To help children learn what healthy food is through the Eatwell Plate model.
- To give children the skills they need to make the right choices with regard to food and drink.
- To promote the physical and emotional well-being of all our children.

3 The curriculum

We will plan explicit teaching about healthy eating in our formal curriculum. For example, we will teach children about the preparation and cooking of healthy food in design technology classes, while in geography lessons, children will learn where food comes from and how it reaches the shops. In science, we will teach about nutrition and the needs of a healthy body. Through mathematics, we will teach children to measure and calculate size and weight. Through the curriculum (e.g. English/Geography), we will provide opportunities for children to discuss, read and write about health-related issues, such as GM foods, and why some parts of the world have a surplus of food, while other parts have famine. Children will also learn about how food is valued in different societies, and the part food plays in religious custom and practice. In physical education, children will have the opportunity to learn how their body reacts to exercise, and the importance of food and drink to participation in sport and dance. In PSHE, children will have the opportunity to

reflect on food-related issues such as how food is advertised, and how we can enjoy treats without damaging our bodies.

We will also promote healthy eating through the informal curriculum. For example, we will promote healthy eating regularly in assemblies. We will encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle. We will organise school visits to outdoor pursuit centres, and provide opportunities for children to explore the natural world. Our school site will be fully exploited in the interest of the children's physical and emotional development through playground activities.

4 The school environment

We will ensure that our school environment promotes healthy eating. We will not allow children to bring sweets, crisps or chocolate into school at any time, other than in the celebration of birthdays or ends of term.

We will not give sweets or chocolate as prizes or rewards in school.

We will not have vending machines on the school site that dispense sweets or chocolate.

We will encourage children to drink plenty of water. Children bring to school a water bottle for use at any time. They have access to cooled water, and regular opportunities to drink water throughout the day.

Children will be encouraged to bring fruit to eat at break times if they wish to have a snack. They will not be allowed to eat crisps or sweets.

The school is a "nut free" environment.

5 School lunches

We will serve only healthy food and drink for our school lunches. The lunches will be prepared by our school caterers, who have a commitment to provide healthy food. A basic requirement will be that they provide a vegetarian option each day, that they always serve vegetables and fruit, and that all lunches have a balanced nutritional value.

We use the Eatwell plate model to assist the children in understanding the importance of a balanced diet and making healthy choices when selecting their food. The Eatwell plate divides the food into 5 colour-coded groups: Fruit & Veg, Starchy Foods, Milk & Dairy Foods, non-dairy Protein, Fats & Sugars. It is indicated that children should select more of the Fruit & Veg and Starchy Foods, and decreasing amounts of the other 3 groups. More information can be found at the Food Standards Agency website: <http://www.eatwell.gov.uk/healthydiet/eatwellplate/>

6 Role of parents

We will work closely with parents to ensure that the messages about food and drink we give in school are reinforced and supported at home.

We expect all parents who send their children to our school to respect our healthy food policy and to support it fully through the food they give their children to bring to school.

We will hold parent meetings each year to explain to parents the importance we place on healthy eating, and why we endorse this policy.

7 Monitoring and review

The Head will monitor this policy to ensure that our children are taught the importance of healthy eating. The Head will feed back to the Governing body on its implementation. It will be reviewed on a regular basis, and at least once every two years.