

School Food Policy

Aim

Our aim is to ensure that all aspects of food and nutrition in School promote the health and wellbeing of pupils, Staff and visitors to our school.

Objectives

- To have a positive effect on concentration and behaviour.
- To ensure that all information relating to food and nutrition is consistent and up-to-date.
- To involve the Mid-day Supervisors in monitoring children's food intake.
- To ensure that children entitled to Free School Meals are supplied with healthy meals.
- To establish and maintain a 'Fruit Tuck Shop' in Key Stage 2, to continue promotion of fruit as a healthy snack established in Key Stage 1.
- To ensure that fresh water is always available to all children and Staff in class and at lunchtimes.
- To provide opportunities in the Curriculum to work with food.
- To promote healthy eating in the community by having guidelines for mid-morning snacks and providing suggestions for healthy and balanced food for packed lunches.
- To ensure that any 'edible rewards' are considered healthy and in line with the policy.

Monitoring

In order to monitor how effective the implementation of this Policy is, the following procedures are taken to assess each objective:

- Concentration: Survey Staff as to any positive changes in certain children.
- Information: Audit of all food based topics.
- Mid-day Supervisors: Communicate concerns through Teaching Staff to parents.
- Free School Meals/UIFSM: Monitor food supplied and ensure inclusion of healthy food on a daily basis.
- Fruit tuck shop: Maintain supply of a variety of fresh and dried fruits to be sold by members of the School Council, also, to complement the free fruit scheme in Key Stage 1.
- Fresh water: Ensure every child has a water bottle and give all children free access to them to enable them to have a constant supply of drinking water. Ensure they are taken home regularly for cleaning.
- Milk and water is available for all children at lunchtime.
- Curriculum: Include opportunities for cookery on a termly basis and include instruction in basic hygiene in all such lessons.
- Food events: Organised and run in conjunction with parents and/or a local supermarket, occasionally inviting guest speakers and experts.
- Edible rewards: Only use healthy foods as rewards and limit the use of sweets and chocolate to specific occasions, e.g. Easter.
- No nuts or anything with nut traces are to be brought into School.