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Aim

- To promote a school ethos and environment which encourages a healthy lifestyle
- To ensure that food and drink available during the school day reinforces the healthy lifestyle message
- To provide high quality physical education, school sport and physical activity as part of lifelong healthy lifestyle
- To promote an understanding of the full range of issues and behaviours which affect lifelong health

Rationale

"Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment." *(The School Food Plan 2013)*

Diet is central to health and a child's diet can be an important influence on their health now and in the future. As children spend on average a quarter of their waking lives in school, one big step to improving the nutrition of our pupils is to offer and promote healthy food and drink choices throughout the school day. The school environment, attitudes of staff and pupils, as well as what children learn in the classroom have a major influence on their knowledge and understanding of health. If encouraged to enjoy healthy food and drink at an early age it is much more likely that these positive behaviours will remain with a child throughout life.

Our school prides itself on the high quality hot meals and healthy packed lunches it provides from its school kitchens. The meals are prepared and cooked on site; they are carefully planned and are on a three week cycle that provides our children with balanced healthy food. We use locally produced food when possible and offer freshly prepared meals. We avoid the use of foods which are high in additives and hydrogenated fats in line with the principles of the Food for Life Partnership and we ensure that our meals meet the standards in the School Food Regulations 2014. This is a whole school policy which also applies to our Nursery, Early Years Foundation Stage and wrap around care. We also aim to give children the knowledge and understanding to make their lunchboxes as healthy as possible and encourage them to eat

healthily in and outside school. The Universal Infant Free School Meal is provided for all pupils in Years R, 1 and 2.

Objectives

- To equip our children with the skills they need to understand healthy eating
- To give children the opportunity to make and try different foods at school
- To raise awareness of what constitutes a healthy lunchbox and encourage our pupils to make healthy choices
- To develop parental support for healthy lunchboxes
- To get children involved in planting and growing food for use in cookery
- To expose children to a range of different foods and tastes
- To support and encourage children to eat 5-a-day of fruits and vegetables
- To use sustainable suppliers and producers and minimise waste
- To take part in national initiatives where appropriate

Our approach

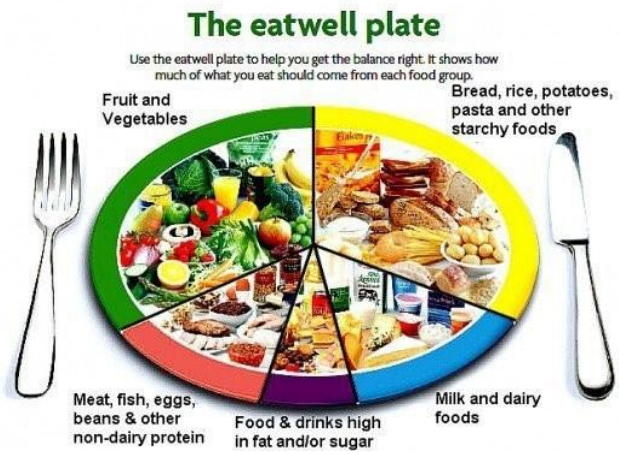
Our school aims to develop and maintain a shared philosophy on all aspects of food and drink, ensuring healthy eating and drinking in school benefits our pupils. This is an evolving document for all stakeholders that interact with our school, and is part of the teaching curriculum, design and technology, science and personal, social, health and economic education, (PSHEE) and citizenship. This also includes extra-curricular activities such as breakfast, after-school, cookery, and gardening clubs, along with special events and celebrations.

Healthy eating and drinking

The Balance of Good Health is based on guidelines for a healthy diet such as:

- Enjoy your food
- Eat a variety of different foods
- Eat the right amount to be a healthy weight
- Eat plenty of food rich in starch and fibre
- Eat plenty of fruit and vegetables
- Don’t eat too many foods that contain a lot of fat
- Don’t have sugary foods and drinks too often

The Balance of Good Health from the Foods Standards Agency shows the “Eat Well Plate” and the types of food that fit into the five commonly accepted food groups and the proportions of these foods that should be eaten from each group. We encourage eating from the food groups in order to gain a wide range of nutrients our bodies need to grow, develop and/or function properly and stay healthy.



Curriculum

All aspects of the curriculum support the whole school approach to healthy eating and lifestyle, for example physical education (PE) and daily physical activities (DPA) demonstrate the importance of exercise and diet in healthy lifestyle. PSHEE and citizenship also tackle aspects of healthy eating and lifestyle. We also offer a wide range of extra-curricular clubs which give children the opportunity to stay active and have fun.

Healthy lunches, snacks, and water provision

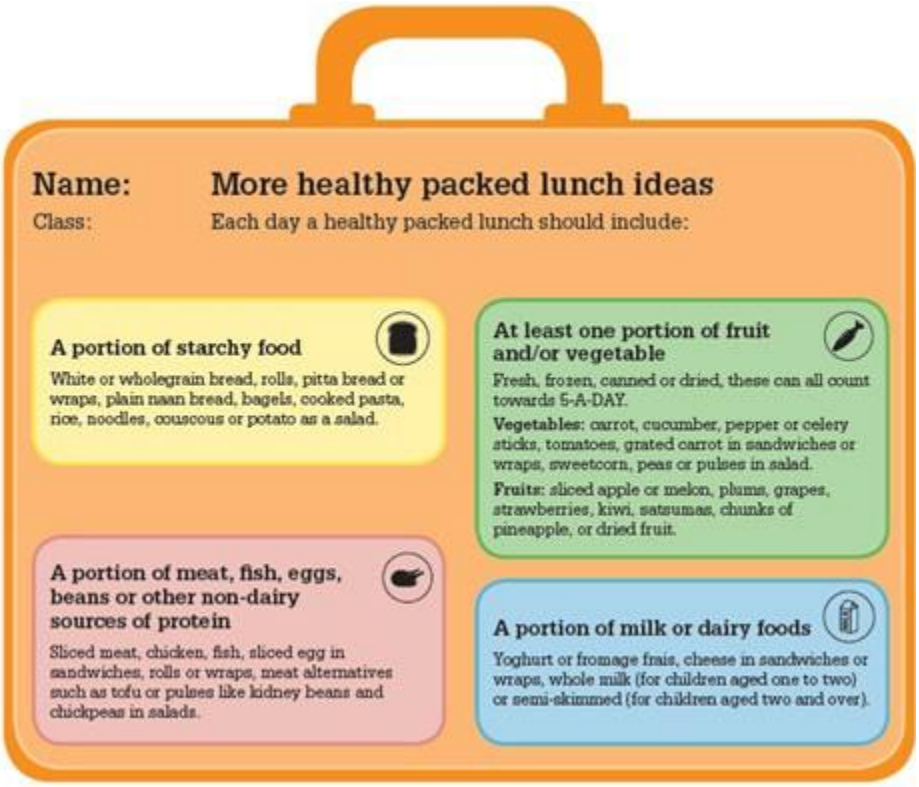
Children and their families are encouraged to bring a healthy lunchbox in line with guidance from the School Food Trust. It should exclude crisps, sweets, chocolate bars and fizzy drinks.

Fruit or vegetables are provided to Foundation Stage and KS1 children free of charge every break time and children in KS2 are invited to bring a fruit or vegetable snack each day.

We ask children to bring water bottles to school every day and to drink plain water throughout the day. Children have access to water throughout the day as required.

Rather than bringing in cakes and sweets we help to celebrate and recognise children's birthdays by allowing them to come to school in their own clothes on their special day.

The following are some packed lunch ideas from the Children's Food Trust:



Dining room environment

We consider the environment in which children eat their lunches of utmost importance. We believe that lunchtimes should foster the caring, friendly ethos that governs everything we do. We will provide a clean, sociable environment, indoors and out, for children to eat their lunch. Water is provided with jugs and cups at lunchtimes. MDSAs support the children at lunchtime.

Sustainable food

Our aim for is to procure food in a manner that promotes sustainable development and removes barriers to small and local suppliers. We will encourage children to consider how this can be achieved in their own lives and in the life of each school.

We will investigate and encourage the use of sustainable food including organic, fair trade and local suppliers of food where possible.

Children and staff will aim to reduce waste by thinking about packaging and reducing the environmental impacts of consumption. Where possible waste from lunchboxes and snacks will be composted or recycled.

Food safety and hygiene

All those involved in preparing food must be made aware of basic food hygiene and safety rules and issues. These include food poisoning and how it occurs, safe food storage, personal hygiene, safe use of equipment and cleaning. Children are encouraged to take responsibility for these aspects during use of the kitchen with guidance and supervision by staff at all times. Staff responsible for use of the kitchen will have Basic and / or Advanced Food Hygiene Certificates. Support and teaching staff will be made aware of the Food Policy and associated standards to ensure there is a consistent whole school approach to school food. (There is also a school Food Hygiene Policy.)

Events

In line with our approach, all events held at the school aim to use sustainable sources and provide a range of healthy refreshments where appropriate.

Funding and support

Where possible, we will seek funding to support additional enrichment activities to support our Food Policy. These opportunities should be reviewed annually by Subject Leaders and Link Governors and applications made as appropriate. Links with community groups and third party providers will be sought to enrich the programme of food and physical activities offered to children and parents, for example visiting chefs, and skipping workshops.

Useful websites

Food in Schools	www.foodinschools.org
Chartered Institute of Environmental Health	www.cieh.org
Eat well, Be well	www.nhs.uk/live-well/eat-well/
Foods Standards Agency	www.food.gov.uk
British Nutrition Foundation	www.nutrition.org.uk
School Food Trust	www.schoolfoodtrust.org.uk