



FOOD POLICY

What are the aims of this policy?

- To make explicit the values and guidelines that underpin every aspect of food culture in Clavering Primary School.
- To ensure that our children receive consistent and coherent messages about food and its role in their long-term health.

What are the values that inform this policy?

- We believe that every adult at Clavering Primary School can play a part in making sure that children develop positive attitudes to food, make informed choices and enjoy eating healthily.
- We want children to understand that good, nutritious food is essential to their ability to learn, as well as to their long-term health.
- We want children to apply their knowledge about food and make healthy choices, both in and out of school.
- We want children to enjoy cooking and learn certain core skills by the time they leave school.
- We believe that food has a role in developing young people's social skills.

Water in the school

- Children have access to free and chilled water throughout the school day.
- Children are encouraged to bring their own water bottles into their classrooms and are allowed to drink water whenever they feel thirsty.
- Children who eat a school lunch have jugs of fresh water on their tables.

Food throughout the school day:

Before and After School

- We actively discourage children from eating sweets, chocolates and fizzy drinks before and after school and would appreciate support from parents in this respect.

Break Time

- Children in Key Stage One benefit from the National School Fruit Scheme – this entitles them to one free piece of fruit or vegetable a day (morning break). Fruit is also distributed to the Early Years Foundation Stage for 'snack time'.
- Key Stage Two children are permitted to bring fruit for morning break. Surplus fruit from KS1 is distributed to KS2 during afternoon break.

Lunch Time – school lunch in the dinner hall

- We aim to provide children with good quality, healthy food and we actively promote healthy choices.
- We recognise the importance of eating a school lunch and hope that more children who take a packed lunch will choose to switch to a school lunch.
- The weekly menu is on display for children in the hall.
- We aim to send menus home to parents/carers each term.
- We listen to children's opinions on the menu and endeavour to adapt the menu accordingly.
- The school cook and kitchen staff provide good quality, healthy food. They work to the Local Authority nutrition policy that exceeds the guidelines laid out in 2001 by the government. They do not use GM modified food and actively discourage the use of convenience food.

Lunch Time – packed lunches

- Children who take packed lunches eat together with children taking school dinners.
- Children who take free school meals are entitled to a packed lunch, provided by the school kitchen, when off site on educational visits.
- We aim to reach a stage where no children have chocolate, crisps or sugary drinks in their packed lunches.
- We aim to support parents in making healthy choices when preparing packed lunches (for example, via school newsletters).

Lunch Time – the dinner hall environment

- When on duty, senior staff are encouraged to eat in the dinner hall with children.
- We aim to make sure children have time to eat their lunch and do not need to rush.
- Children who take school lunches eat together with children on packed lunches.
- *We aim to introduce 'Lunch Buddies' (children from Years Five and Six) to work in the dinner hall each lunchtime and play an important role in improving the dinner hall environment. They help the adults to keep it clean, promote good table manners and conversation and support children in making healthy choices with their food.*

Food in the Curriculum

- We exploit opportunities within the existing curriculum to discuss and work with food.
- We recognise that food has great potential for cross-curricula work.
- Formal food education is delivered via the Design and Technology curriculum. There are also topics in the PSHE&C and Science curriculum.

Gardening Club

- The club grows vegetables which are sometimes cooked by the school kitchen.

Schemes and events

- We try to participate in as many food-related events and schemes as possible, as long as they consolidate the aims outlined in this policy. Events include Fruity Friday.

Links to other policies

- This policy has links to the behaviour, PSHE&C, Equal Opportunities and Design and Technology policies.

Policy review

- This policy will be reviewed, in consultation with staff, pupils and catering staff, by the Finance & General Purposes and Pupil and Personnel sub-committee every two years.