



Greenside Primary School

A great school in a great community
achieving great outcomes for children

School Food Policy

Reviewed by Governors November 2016



WHOLE SCHOOL FOOD POLICY 2016

Aim

To ensure that all aspects of food and nutrition at Greenside Primary School promote the health and well-being of pupils, staff and visitors on the premises.

Consultation.

This policy was produced in consultation with the school community and is reviewed and updated on a regular basis.

1. Formal Curriculum

At Greenside we provide educational opportunities to address healthy issues within the formal curriculum. A regular audit of what is being taught at all key stages through various subject areas such as: PSHE, science, humanities, PE, etc is carried out by the Healthy Schools coordinator to ensure these issues are being addressed. Curriculum work will reinforce the importance of a balanced diet and healthy lifestyle to pupils and give them the skills and knowledge to select a healthy balanced diet. Food technology objectives are taught throughout our topic based curriculum and all comply with the School Food Trust Standards. Items that contain ingredients not within these standards must be taken home to eat. Children who are food sensitive must also be taken into consideration during the planning of food technology activities ensuring equal opportunities.

Food Standards provided in the appendix,

School Food Trust; A guide to introducing the Government's new food-based standards for all school food other than lunches. pg 9, 12, 14,15 and 24-31

2. Before and After School Provision/ Breakfast Club

The school is keen to ensure that out of school provision also encourages pupils to eat a healthy balanced diet and endorses the aims of the policy. All snacks or drinks provided meet or exceed current national standards/guidelines. By offering a breakfast club we hope to ensure children obtain a healthy breakfast; encourage a high rate of punctuality and attendance; promote consistent messages around healthy eating and oral hygiene and to provide opportunities for children to develop social skills.

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3. Extra-Curricula Activities

By offering extra-curricula activities such as: cooking club and growing fruits and vegetables at the allotment, the school is showing its commitment to healthy eating through the development of practical skills and knowledge. These activities demonstrate links to the wider curriculum and enhance the teaching of healthy eating messages.

4. Break-time Snacks

Foundation Stage children are provided with a piece of fruit and may drink water or milk. Phase One children are provided with a piece of fruit and have the option to buy semi skimmed milk from school. Phase Two children also have the option to buy semi skimmed milk and may bring fresh or dried fruit, fresh veg, cheese based snacks, crackers or breadsticks.

N.B All members of staff are asked to encourage and promote healthy snacks by following the same guidelines when on duty. Other snacks should be eaten in the staffroom away from children

5. Dining Room

The school is aware of the importance that the physical environment of the school dining room can have on the eating of a healthy diet. In all dining areas music is played to create a calmer atmosphere. Children bringing their own lunches eat them in designated classrooms allowing smaller groups, making lunch times calmer. Pupils and staff are encouraged to eat at school and interact with one another especially during language week, Health week and at Christmas time. Healthy posters are displayed as is the lunch menu. At Greenside Primary, we will endeavour to ensure that: only high quality food and drink are available and that the dining room is inviting and fun to be in.

6. School Meals

School meals will offer a nutritionally balanced healthy lunch to pupils, served by professional trained staff. All school food will meet national nutritional standards (both food and nutrient based). We will actively promote the take up of school meals. School will provide milk free of charge at lunchtimes.

7. Lunch Boxes

The school knows it is very important that pupils eat a healthy packed lunch with a good balance of foods. The school will encourage children to bring a healthy lunchbox from home.

8. Water Provision

We realise that a constant access to water can have a positive effect upon health and well-being. It reduces tiredness, irritability and distraction and can help concentration. Pupils are encouraged to drink water throughout the day may bring in their own sports capped clear water bottle.

9. Sweets, Rewards, Treats and Celebrations

The school **does not** permit sweets to be used as rewards.

We understand the health priorities in Tameside centre around reducing child obesity and improving oral hygiene. We feel at Greenside that we teach the children about choosing a varied and balanced diet and that treats can be part of a sensible healthy diet. By giving the gift of a small sweet or item of confectionary at Christmas and Easter, and allowing children to bring small sweets at birthday times, (non-food and healthy options are also encouraged) we feel we meet this ethos while still promoting the School Food Trust standards. All treats are taken home and enjoyed as part of their evening meal.

Parties that celebrate religious festivals are exempt from the standards for school food, however we understand the Tameside health priorities and aim to provide healthy options and encourage children to bring healthy party food along to the celebrations.

Food Standards provided in the appendix,
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10. Events and Lettings

Events such as school discos, fairs and other P.T.A events are an important aspect of school life, raising vital funds for school equipment and activities. As they are fundraising events and occur after 4pm they are exempt from the standards for school food. However at Greenside we aim to encourage a consistent 'balanced' healthy eating message so aim to provide healthy options at such events.

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At Greenside Primary School we will continually strive to ensure that everyone is treated with respect and dignity. Each person will be given fair and equal opportunities to develop their full potential regardless of their gender, transgender, ethnicity, culture and religious background, sexuality, disability or special educational needs and ability.