



The Cathedral Church of England
Voluntary Aided Primary School
Chelmsford

Whole School Food Policy

Policy Framework

*Date written November 2012
(Nicky Morecroft)*

Review date(s) Autumn Term 2013

Reviewed Teaching & Learning Committee 13th June 2017

Introduction

The Cathedral School is a 'Healthy School' and has achieved 'The National Healthy Schools Status' and supports the '5-A-DAY' campaign to encourage children to eat five portions of fruit and vegetables a day.

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy-eating patterns.

The school ethos, curriculum, leadership and all school staff are integral to creating an environment that supports a healthy lifestyle.

Aims

- To ensure that we are giving consistent messages about food and health and promoting health awareness
- To give our pupils the information they need to make healthy choices
- To contribute to the healthy physical development of all members of our school community

Current Practice

Breakfast club

The breakfast club operates on a daily basis in the school hall. The food offered is healthy and is consistent with a healthy diet. Toast, bread, fruit jam, marmite, low-salt/low-sugar fortified cereals and slices of fresh fruit and vegetables are provided. Occasionally fruit bread, muffins and bagels are included. Hot food is now available on a daily basis. Bacon rolls, eggs, beans, toasted sandwiches and porridge are provided on a rolling programme. All food is in line with 'New Standards for Food in Schools 2006.' Children choose from water or milk. All children are encouraged to eat a balanced meal and try new foods.

Snack

All FS and KS1 classes include a morning breaktime snack of cut and washed fruit, which is provided free of charge. Children are given responsibility for sharing and passing the fruit to others. Snack can also be offered at afternoon play. KS2 children bring fruit, or a **plain** biscuit. For example, a digestive or rich tea biscuit.

School lunches and packed lunches

Our hot meals are cooked at school and a healthy-food policy is operated. Fresh fruit and vegetables are provided wherever possible each day as a choice for the children. A salad bar is provided on most days and children are

encouraged to eat a variety. The menus are continually reviewed to cater for children's tastes and are rotated on a three-weekly cycle.

Many children bring packed lunch to school. We encourage balanced lunchboxes and parents in the Foundation Stage have the opportunity to attend an information afternoon where they can find out about healthy eating and recipe ideas for their child's lunchbox. This is then filtered throughout the school. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash. Due to the increasing numbers of allergies in schools we ask that nuts are not included in children's lunchboxes.

The school lunchtime is continually reviewed and being improved to ensure a more enjoyable experience.

Water for all

Water is freely available throughout the school day to all members of the school community. All children possess their own water bottle. In the FS the staff maintain the water bottles. In Year 1 onwards parents are responsible. Children may drink their water at any time except during assembly and are encouraged to request water at appropriate times of the day. Class teachers build regular water and brain breaks into the school day and curriculum. FS and KS1 children are also reminded to drink water at regular intervals.

Food across the Curriculum

In FS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

English provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

ICT can afford pupils the opportunity to research food issues using the Internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking wherever possible and should occur on the curriculum each term.

PSHE encourages young people to take responsibility for their own health and well being, and teaches them how to develop a healthy lifestyle.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income. History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and its health benefits, including a balanced diet for active lives.

School visits provide pupils with activities to enhance their physical development, e.g. to activity centres, to make food choices for themselves and try other recipes. Out-of-hours learning include gardening and sports clubs.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other.

Parents and carers are regularly updated on our water and packed-lunch policies through the school newsletter. Parents have the opportunity to have an input into policy and practice.

After school events, e.g. school discos etc, the school will encourage parents and carers to consider the food policy in the range of refreshments offered for sale to the children.

Birthday 'Food treats' are discouraged for health reasons. However, if parents feel it is necessary they may send in a treat that is given out at the end of the day either by the class teacher, or parents themselves may give 'treats' out in the playground. We feel this is mainly appropriate in the Foundation Stage and KS1. Adults in school will only give out treats for special occasions, where they will reinforce the idea of a 'treat'.

Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area. Representation of the governing body is present within the Healthy Schools Task team.

Monitoring/Evaluation/Responsibilities

The HS co-ordinator and task team will evaluate practice within the school community. This will take place through the HS criteria for achieving National Healthy Schools status and will be completed by the task team.

N.Morecroft