

GORING CHURCH OF ENGLAND (AIDED) PRIMARY SCHOOL



Goring C E Primary School
Faith, Love and Learning

Food Policy

Mission – what is our reason for being?

- To educate
- To nurture
- To serve the community
- To develop children's faith and spirituality
- To be inclusive
- To improve life outcomes
- To develop children's life and learning skills
- To develop morals and principles

Our Values

- ✓ Love
- ✓ Faith
- ✓ Self –worth
- ✓ Respect
- ✓ Aspiration
- ✓ Equality
- ✓ Fun

Our School Vision for 2020

To be a Church of England Primary School that:-

- Secures outstanding outcomes for all children throughout the primary age range.
- Establish positive, recognisable 'hallmarks' for children that reflect our ethos and values.
- Reflects God's love in the community and beyond.

Introduction

The health of children is of major importance. Schools, along with parents, health professionals and the community, are seen as having a role in stopping the continued rise in obesity and in generally improving the diet of all.

A Food Policy helps to clearly form and monitor a whole school philosophy not only about food and drink but also physical and mental fitness.

The school achieved Healthy Schools Status in 2008 and has maintained this through a review with WSCC (2014).

Aims and objectives:

- To ensure that all aspects of food and nutrition in school promote health and well being of pupils, staff and visitors.
- To ensure that food and nutrition is seen as part of a holistic approach to physical and mental health.
- To educate children about healthy eating so that they can make informed decisions later in life, ensuring that the curriculum includes up-to-date and relevant health education for all children.

Snacks

All EYFS and KS1 children take part in the Government initiative to provide free fresh fruit and vegetables during the day. This is distributed at morning break. Year 3 children bring a healthy snack of fruit or vegetables which they eat mid-morning. No other snack is allowed at break time. Fruit not eaten by Reception and KS1 children will be given to Year 3.

Water

Children have easy access to drinking water throughout the day. Each child brings a bottle of water to school every day. Those reluctant to drink are encouraged to do so.

Mid-day Meals Supervisors ensure that water is available in a classroom during the lunch time break when the weather is hot.

Allergies

We follow a 'no nuts' practice. When a child has a severe food allergy, letters will be sent home to parents of children in the same class, to ask for their co-operation in not including certain foods in their children's lunch boxes

Packed Lunches

Food storage and handling-Children will be encouraged to bring lunches in an insulated lunchbox with an ice block. Teachers will ensure that lunches are stored safely and hygienically at the start of the school day e.g. not near radiators.

Food for hot meals provision will be stored in accordance with the supplier's instructions and county policy.

Most children bring their own packed lunches to school although this may change from September 2014 with the introduction of Universal Free School Meals.

Parents are advised that fizzy drinks and sweets are not allowed.

Parents will be advised to include an ice block during warmer months

Hygiene

Thorough hand-washing will be promoted and receive high priority in daily routines.

Food across the curriculum

The curriculum provides many opportunities for children to discuss, debate and talk about food and food issues. Cross curricular links will be evident in planning.

Examples include:

Science:

Safety re. plants and berries (R)
Food groups
Healthy plate of food, healthy sandwich (Y2)
Senses/food tasting (Rec. & Y1)
Impact of heat and cooling
Planting and growing, life cycles

Design and Technology:

Designing and Making a healthy ice-lolly (Y2)
Designing and Making a fruit kebab (Y1)
Healthy milkshakes (Reception)
Different diets (Y3)

Geography:

(and literacy) Handa's Surprise (Reception)

Learning about where food comes from (all year groups)

The natural world and changing environments

Impact of consumer choices on growers (Fair Trade)

Maths

Nutrition labelling

Quantities for recipes

Measuring ingredients

P.E:

Understanding the impact of exercise on the body (all year groups)

R.E.

Children have the opportunity to discuss the role of certain foods in the major religions of the world and those associated with Christian festivals e.g.

Christian, Jewish, Islamic festivals

P.S.E development

Dealing with peer pressure

Sierra Leone

Our link with a primary school in West Africa provides opportunities to explore similarities and differences in food, diet and culture.

It also supports the children's learning about the importance of water as we are funding the building of a well on the school site.

Whole school activities

These provide opportunities for children to learn more about where our food comes from, classifying foods, healthy/unhealthy foods e.g. Harvest, One World Week.

Health and Fitness Week takes place each year when children learn about their bodies, exercise, fitness, stamina, impact of exercise on the body etc

Health and Well-being

The school engages in projects to promote this through:

- A Pro-Active Parenting course
- 6 Weeks In Coffee Morning
- Play Therapy

Sweets in school

Sweet treats will be allowed on special whole school occasions such as Christmas, Easter, Divali.

Children and parents will be asked not to bring in sweets for birthdays or after holidays.

Sweets will not be used as a teaching tool or reward.

Sweets will be allowed at PSA events as parents will be present to exercise parental control. A healthy option will be available where possible.

Staff will not eat sweets in front of children unless on special occasions as mentioned above

Cakes in school

Cake sales arranged by children as a method of fund raising may continue as this takes place once a year at most. Children will be asked to consider healthier varieties

Role of the Governors

Governors monitor and check that the school policy is upheld and also offers guidance where a member of the body has expertise in this area.

Monitoring and Review

Subject Leaders are responsible for monitoring planning to ensure that we capitalise on relevant and meaningful opportunities to promote the aims of this policy.

The Policy will be reviewed during 2015 to take account of new developments (UFMSs and the provision for an extended age range)

May 2014