



## Whole School Food Policy

To be read in conjunction with all other policies and the Broadway Equalities and Community Cohesion Scheme

### Introduction

At Broadway Infant School we believe that knowledge and understanding of nutrition is essential for good health and effective teaching and learning. We recognise the important connection between a healthy diet and a child's ability to learn effectively and achieve high standards in school.

### Aims

To improve the health of staff, pupils and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy, balanced diet.

- To develop healthy eating and drinking habits that will last beyond pupils' time at our school.
- To give pupils the information they need to make healthy choices.
- To ensure that we are giving consistent messages about food and health.
- To ensure that food provision in the school reflects the ethical and medical requirements of all children and staff e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To encourage fluid intake, with water supply provided throughout the day.
- To make the provision and consumption of food an enjoyable and pleasant experience that enhances the social development of all children.
- To contribute to the healthy physical development of all members of our school community.

### Break Time Snacks and Breakfast Club

The school promotes healthy eating habits through the health breakfast provided and the regular consumption of fresh fruit and vegetables. This is achieved through:

- Participation in government schemes e.g. The National Fruit and Vegetable Scheme
- School breakfast and tuck provision. Pupils throughout the school can purchase a health breakfast and fruit and wholemeal toast to eat at break times.

Fruit and wholemeal toast are the only snacks permitted on the playground.

### School Lunches

All our school meals are cooked on site by South Gloucestershire catering services. The menu for the week is displayed and a copy is also sent home to parents.

South Gloucestershire Catering Services has made a commitment to improving the quality and nutritional standard of meals it serves and an information leaflet about this is available from the school office and the Council's website.

Alternatively children may bring a packed lunch to school. Parent/carers are given advice on what constitutes a healthy lunchbox.



## **The Dining Environment**

All children eat their midday meal in the school hall. Staff organise the lunch time as a social setting where children eat with their friends. We ask the children to respect the dining experience of others by keeping an appropriately low noise level. We also want the dining environment to be an attractive and inviting place to eat, where children are encouraged to interact with each other and enjoy their food. Top Table provision on a Friday allows children, chosen by the lunch break supervisors, to sit at their tables with tablecloths and flowers.

## **Drinks**

We recognise that low fluid intake can lead to reduced academic performance through poor concentration and lethargy, reduced physical performance and health problems such as constipation, urine infections and bed wetting. We encourage all children to drink water at regular intervals throughout the school day. Water is freely available to all members of the school community. Every child is encouraged to bring a bottle of water to school to keep in the classroom. Only water or a milk carton may be drunk during the school day, except at lunchtime when children who bring a packed lunch from home may drink juice or squash drinks.

Up until the term following their fifth birthday, children in the Foundation Stage are provided with a free carton of milk to drink during the morning. After this time parents/carers can pay for their children to receive a carton of milk if they so wish.

## **Food across the Curriculum**

There are a number of opportunities for children to develop their knowledge and understanding of food, healthy drinking and healthy eating within the curriculum. It is covered in the school curriculum as part of teaching through:

- Science - Scientific enquiry provides an opportunity to learn about the types of food available to humans and animals, their nutritional composition, digestion and the function of different nutrients in contributing to health.
- Design Technology - Food Technology provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including food preparation and cooking. There are also opportunities for the children to grow fruits and vegetables in raised beds and the garden.
- PSHE and Citizenship curriculum – included to encourage children to take responsibility for their own health and to teach them how to develop a healthy lifestyle.
- Religious and cultural influences on food and eating habits are explored, as they are in aspects of the SACRE Religious Education curriculum.

Aspects of food and healthy eating are also covered in other curriculum areas and through themed weeks and the celebration of various festivals.

## **Monitoring and review**

The responsibility for this policy has been delegated to the Headteacher. This policy will be reviewed at least every three years.

**Signed: Sue Tanner                      Headteacher**

**Date: 9/1/2015**

*Footnote: Senior staff and governors will always check for any known changes in legislation or local requirements before applying this policy.*