HEMINGBROUGH SCHOOL

Food in Schools

A Policy **October 2016**

Introduction

At Hemingbrough Community Primary 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. This policy should be read alongside the school's PSHCE, Drug and Sex and Relationship Policies.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

Rationale

Hemingbrough Community Primary is a healthy school. 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.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to take part in the '5 a day' campaign

Snack

All Foundation Stage and Key Stage One classes receive a morning snack of fruit and vegetables offered under the government initiative to provide all infants with free fruit and vegetables during the day. Key Stage Two children are able to bring in a healthy snack from home. Some EYFS / KS1 children may prefer to

bring their own snack however, this must be either fruit or vegetables, unless a care plan devised with school health has been implemented.

School lunches and packed lunches
All our school meals are provided by the North Yorkshire County Caterers who operate a healthy food policy. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children.

Many children bring packed lunch to school. We do not allow sweets, fizzy drinks or hot foods as part of a packed lunch.

Water for all
Cooled water is freely available throughout the school day to all members of the school community. No water fountains are located inside toilet blocks. Each child has the opportunity to bring a water bottle in from home which they can fill from the water fountains. School is not responsible for the cleaning of water bottles. Children may drink their water at any time except during Collective Worship.

Food across the Curriculum
In Foundation Stage, Key Stage One and Key Stage Two, 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 come from such as shopping, preparing and cooking food.

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 come from and apply healthy eating messages through practical work with food, including preparation and cooking.

PSHCE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as drugs, alcohol and tobacco. Pupils are able to discuss issues of interest to young people, e.g. advertising and peer pressure.

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 who rely on growing food as their source of income.

History provides insight into changes in diet and food over time, e.g. the Dig for Victory campaign during WW2 and a Tudor Feast.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

Fairtrade events encourage children to consider the origins of food and the lives of those who provide it.

School visits provide pupils with activities to enhance their physical development e.g. to activity centres such as East Barnby Outdoor Education Centre.

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. This is not always easy but our school is well placed to lead by example.

During out of 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.

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.

Monitoring and review

The Headteacher is responsible for supporting colleagues in the delivery of the Food Policy. North Yorkshire County Caterers are responsible for ensuring the quality of the food offered as part of the contract with the LEA.

This policy will be reviewed in October 2018 take account of new developments.