

## Little Bowden School Food Policy

Food Policy & Action Plan - updated: February 2020

### Introduction

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them to 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 PSHE, Drug and Sex & Relationships policies.

### Aims

- To ensure that all aspects of food and nutrition in school promotes health and well-being of pupils, staff and visitors to our school
- To teach pupils about the importance of a healthy balanced diet as part of a healthy, active lifestyle
- To encourage pupils to make good choices in order to achieve optimum health

### Rationale

The policy was revised to address the issues raised as part of the reaccreditation for the Healthy Schools Award and for to ensure that the aims of the Food For Life ethos is promoted. The following approach was used to identify what areas we need to change to develop a more healthy approach to the issue of food in our school.

1. How well are we doing now
2. What more should we aim to achieve
3. What must we do to make it happen
4. How are we going to achieve our aims

### What do we do already?

#### Snacks

All our under fives are entitled to milk which is available from the kitchen with their school meal every day. Both the FS and the KS1 classes include a snack of fruit or vegetables for all children as part of the Government initiative to provide infants with free fruit & vegetables each day. Children are given the responsibility for passing fruit to others and for helping to clear away. All children in the school can bring a snack of fruit or vegetables that they eat at playtime and 50/50 toast and milk are available from the kitchen. No other snack is allowed during break.

### Water for all

Water is freely available throughout the day. Every classroom has drinking water and in the main corridor (a point to refill bottles) and water fountain is located in the main playground. All children are encouraged to bring in a clearly named bottle with their water in. The water is freely available to children during the school day. Children are reminded to drink water to keep hydrated.

### Sweets & cakes

Sweets are banned except for birthdays. The school runs a monthly cake sale when children are invited to bring in cakes to sell. Each year group promotes & organises their cake sale with the support of Mrs Fowler and the children help to sell the cakes. Half of the profits made go to support a sponsored child and a school in Cambodia, the other half is given back to the year group. The money helps to buy games or equipment. Through the sale, the school tries to develop an aspect of the children's economic awareness.

### School lunch

Our school lunch service is run by our own kitchen who devises new menus for each term. A two weekly rotation is planned that meets the current Food Standards for school lunches. As part of the Food for Life scheme, the menu sources local produce from accredited sources where possible, reflects the seasons and prepares the majority of the meals from scratch. A move to use more organic produce as required if the silver award is to be awarded.

The menu is always made available for the parents and a red and green band system is used to prepare food to ensure that the children have their choice available to them. This always helps to reduce the food waste. Allergies are always taken account of and the service offers occasional themed food days.

### SNAG

The school has a School Nutrition Action Group (SNAG) which oversees food provision in school and identifies areas of focus. This group is comprised of Deputy Head (Mrs Brown), school cook (Mrs O'Brien), D & T coordinator (Mrs Grimwood), farm visits (Mr Keal), school garden (Mrs Carter), cooking club (Mrs Knox). Pupils voice is gathered from children who are interested in food, these may be members of the garden club or have attended the cooking club.

### Food across the curriculum

In FS, KS1 & 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 prepare & cook food. The school has a designated cooking area, however there is enough equipment to be able to cook in the classroom as a whole class; there is also the opportunity to use the school kitchen in the afternoon and this is used weekly for cooking club. Cookery is a regular activity throughout the school and current requirements to have the opportunity to prepare and or cook a savoury dish every term have been embedded. During food preparation we ensure that children wash their hands, and that surfaces are clean & hygienic. Posters in the cooking area promote this message and have been shared with teachers.

During subjects such as Science, D&T and PSHE, children are encouraged to understand food, healthy eating and healthy lifestyles. In Science, children learn about types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health. During food technology, as part of D&T, children are provided with the opportunity to apply healthy eating messages by working with food, including preparation & cooking. PSHE encourages young people to take the responsibility for their own health & wellbeing and for making healthy lifestyle choices.

A Healthy School's Week is organised by Mrs Grimwood with food, PSHE and sport all being highlighted.

### Partnership with parents & carers

The partnership of home and school is critical in shaping how children behave, particularly where health is concerned. New parents are given an insight into our food policies during the school's induction days for children entering school. Parents and carers are updated on our water & snack policies through newsletters. 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 lunchtime when packed lunch children may drink juice or squash. They are also reminded to send in only fruit or vegetables for snacks.

The school garden has events during the year to encourage parents and grandparents to come into school and work with their children and parents are invited to attend cooking club too and support classes when the children are cooking in school.

### What do we want to achieve?

- Continue to run a Healthy School Day/ Food Week to promote healthy eating and drinking messages such as: Drink to Think
- Children from Little Bowden leave our school having prepared a number of savoury dishes
- Encourage children to choose healthy packed lunches
- Continue to consider ways to make lunchtime dining room a more enjoyable occasion
- Continue to provide opportunities for children to participate in an extra-curricular cooking club
- Aim to promote the school garden so that each year group see that gardening is linked into the curriculum and cooking
- CPD staff training to support food and cooking in the curriculum
- Meet the criteria for the Silver Food for Life Award
- Be reaccredited for the Healthy Schools Award

How are we going to meet our objectives?

- Discuss plans with SNAG
- Publicise actions on the website & with newsletters
- Discuss dining room environment with school cooks and dining staff and visit local schools to see if we can pick up any good ideas
- Audit packed lunches and discuss findings with SNAG and produce guidelines and advice for parents to promote healthy lunchboxes
- D&T co-ordinator to audit cooking that occurs in each class, each term
- Plan the Healthy School/ Food Week

Head Teacher \_\_\_\_\_ Date \_\_\_\_\_

Review date: February 2023