



Healthy Living and Food Policy



Approved by:

FGB

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Last reviewed on:

March 2019

Next review due by:

Spring 2022

Food Procedures

We believe that the promotion of a healthy lifestyle is a key element of our vision. We believe that it is important to increase awareness of food and healthy choices which will influence children and their families in establishing and maintaining lifelong healthy eating and lifestyle habits whilst also maintaining a healthy emotional relationship with food.

Aims

- To improve the health of our pupils, their families and staff by helping to influence their eating habits through increasing their knowledge and awareness of food issues. This will include what constitutes a healthy and balanced diet and hygienic food preparation and storage.
- To ensure that pupils are well nourished at school as we recognise how food and drink impact on a child's ability to learn.
- To ensure that everyone in school has access to fresh drinking water at all times and that children are aware of the positive effects it can have on their ability to learn.
- To ensure that food provision in school reflects the ethical and medical requirements of the staff and pupils e.g. vegetarian, halal, medical.
- To make eating at lunchtimes an enjoyable and safe experience.
- To promote practices within the school that support these aims and to work to reduce practices that negate them.

Guidelines

- The school adheres to the government's School Food Plan, which from January 2015 has been mandatory. For the full guidelines please follow: http://www.schoolfoodplan.com/wp-content/uploads/2015/05/School_Food_Standards_140911-V2e-tea-towel.pdf.
- All children in Foundation Stage and Key Stage 1 are offered a fruit or vegetable snack at break as part of the Fruit and Veg in Schools scheme. They are encouraged to try the different fruits and vegetables available.
- All key stage 2 children are given the opportunity to buy healthy snacks including seasonal fruit from the daily Tuck Shop.
- Children in KS2 are encouraged to bring their own healthy snack for morning break if they do not buy one from the tuck shop. Other snacks are discouraged.
- The school meals are monitored by the school with support from Bristol City Council.
- Dinner duty staff, our pupil Food Crew and SMSAs encourage children when they are eating their dinner to have a healthy lunchbox and praise those who have.
- Newsletters are used to remind parents of the need for a nutritious packed lunch and guidance is given as to what this could contain.
- Food containing nuts and sesame seeds are not allowed in school for health and safety reasons.
- Children are actively encouraged to bring a water bottle to class and refill when necessary.
- Fizzy drinks, sweets and chewing gum are not permitted in school.
- Only fruit and non-chocolate based healthy food can be brought in to share on special occasions e.g. birthdays. The pupils must eat these only on the permission of the parents, in case of allergies. This means that they should be consumed after the end of the school day when the pupils are in the care of their parents/carers.

Curriculum

Pupils learn about food across the curriculum, including food from other cultures and countries. Specific teaching about food and healthy eating is provided in Science, Design and Technology and PSHE lessons across the Key Stages. This takes place on a termly basis with every class taking part in *at least* one cooking activity every other term.

Through participation in growing and harvesting our own vegetables, fruit and a wide range of plants in our school garden, all pupils learn about where food comes from. The school will continue

to focus on promoting the Farm to Fork message and ensure that where possible, all ingredients used in class cooking lessons are locally and sustainably sourced.

All children take part in at least two annual cooking weeks. These include our Harvest Food Week and our Food Festival week where activities include cooking and investigating the content of foods, as well as teaching children how to make healthy choices based on The Eatwell Guide.

Extra Curricular cooking activities such as Cooking Club promote healthy eating and develop a range of cooking skills. The club encourages the involvement of the community in promoting links through demonstrating skills and active cooking participation.

Staff and pupils across the school are encouraged to take part in regular pop-up sessions aimed at sharing the food they have made in school with parents/carers and promoting the healthy food message. A selection of constantly changing healthy recipes are displayed in school for both pupils and parents to take away and create at home together.

Implementation and Monitoring

The Healthy Schools Coordinator is responsible for the implementation and monitoring of this policy in conjunction with support from the Health and Well Being Team. This team includes a member of the Senior Leadership Team and those members of staff who are responsible for PE, Cookery and PE Clubs and the active travel to school member of staff.

The Healthy Schools Co-ordinator is responsible for the promotion and monitoring of the activities provided during our Food Festival week.

The Year 5 Food Crew and Year 6 Tuck Shop Crew, with support from the School Council are a large part of the implementation of these procedures through promoting healthy lifestyle and eating issues with fellow pupils. They also monitor and reward the lunchtime healthy eating choices of packed lunch pupils, culminating in a weekly Golden Lunchbox Award. The Food Crew monitor the food waste in the dining hall, feeding this back to the kitchen cook.

The school will continue to work with the catering staff to monitor and improve the quality and nutritional value of the food provided. Menus and developments will be reported through newsletters and the school website.

The school is committed to linking with local businesses who are promoting the use of locally sources and sustainable ingredients in their products. Teachers are encouraged to take trips out to these businesses e.g.: green grocer, deli, bakery, and invite them into school to work with the pupils on cooking projects.

The annual Food Festival is a high point in showcasing these community links.

These procedures are to be considered in line with our Equality Duty (published separately) and we will ensure that at all times we will seek to promote equal opportunities and good race relations, avoiding discrimination against anyone for reasons of ethnicity, disability or gender. Appropriate action will be taken in cases of harassment and discrimination.