

Westlands Primary School Food Policy

Responsibility

The Governing Body of Westlands Primary School recognises the importance that a healthy diet has on pupil's ability to learn.

The Governing Body of Westlands Primary School recognises that the school has an important role in promoting family health and sustainable food and farming practices.

Mission Statement

Westlands Primary School will endeavour to improve the health of the community by involving all stakeholders in establishing and maintaining life-long healthy and environmentally sustainable eating habits.

This will be achieved by educating pupils in the growing and cooking of foods, the provision of food supplied by the school and academic provision for food education as part of the curriculum.

Aims:

Proper nutrition is essential for good health and effective learning.

We aim to:

Improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.

Increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.

Ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.

Ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.

Make the provision and consumption of food an enjoyable and safe experience.

Introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

We aim to promote healthy & balanced eating by:

- encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide – ‘The Balance of Good Health’ and the new nutritional standards..
- encouraging foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low fat dairy products.
- encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods.
- encouraging fruit juices, water and sugar-free drinks.
- discouraging sugary drinks and less healthy snacks between meals.

School Catering:

We believe that the subtle messages that pupils receive about food and health from the daily life of school are as important as those given during lessons, eg school menus, peer pressure to eat certain snacks in packed lunches. By working together, we promote healthier eating habits.

- School lunchtime menus are agreed between the school and catering staff. Local preferences are considered within the framework of the nutritional standards.
- To trial theme days, linking these to curriculum areas or calendar events.
- All children are given a portion of vegetables as part of their meals. They are encouraged to try some, even if it is a small portion.
- Due to the large difference in calorie requirements between infants and juniors, portion sizes are adjusted accordingly.
- Fresh, clean drinking water is available to children throughout the day.

Morning Break:

In consultation with parents it has been agreed that the only snack children can bring to school is fruit. This helps to reduce litter and ensures children still have an appetite for their lunch.

KS1 children are provided with free fruit/ vegetables.

KS2 children are able to bring in fruit/ vegetables from home.

Packed Lunches:

A guidance leaflet is issued to parents, developed in consultation with parents on the content of packed lunches.

Example

Packed lunches should include some fruit or vegetable e.g. a piece of fruit or fruit juice, dried fruit, cherry tomato, raw carrot, cucumber wedge. Sweets, sugary drinks and chocolate should not be included. Diluted fruit juice in a screw top bottle is cheaper and easier to manage than prepared drinks. The school provides a suitable storage area for lunch boxes. All waste and uneaten food is returned in the lunch box so that parents know what has been eaten.

Drinks Policy

- Children are encouraged to drink 3 –4 glasses of water at school particularly after PE, active play and in hot weather.
- Water will be provided via water bottles in classrooms scheme. This can be refilled throughout the day from a drinking water tap in each classroom.

School Ethos, Environment and Organisation:

The school recognises:

- the importance of lunchtime organisation on the behaviour of pupils. (This will inform OFSTED inspections).
- the value of promoting social skills.

Teachers, caterers and lunchtime organisers work together to create a good dining room ambience and the development of appropriate table manners.

The dining hall provides a safe, comfortable and attractive environment.

Pupils are given time to enjoy the eating experience.

There is a plentiful supply of clean drinking water.

Hygiene standards are met in respect of washing hands and removal of food waste.

Liaison with secondary schools provides an opportunity for the smooth transition to a cash cafeteria system.

Free School Meals:

The school recognises the particular value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised.

Treats and Rewards:

To ensure consistent messages, sweets are not used as rewards. If children bring sweets into school for birthday celebrations these are distributed at the end of the day to be consumed at home.

Curriculum, Teaching and Learning:

- The National Nutrition Guide – ‘The Balance of Good Health’ is used across the curriculum. Pupils are given the opportunity to apply this to school meals/packed lunches.
- Pupils are given the opportunity to taste, touch, smell and feel a variety of foods.
- Multicultural aspects of food are explored and linked with school meal theme days.

- School garden- pupils will be encouraged to plant, grow, cook and eat their own food.
- Extra curricular activities and clubs eg. Cookery Club and Science Club

Sample of Food topics to be integrated into the curriculum:

- Literacy- Food diaries, menus.
- Numeracy- Weighing and measuring
- Science- Plant growth, nutrition, effect of temperature on food, bread baking, food hygiene, bacterial growth, contamination, washing hands, storage, pest, recycling, micro-organisms.
- ICT- Recording questionnaire results, creating graphs, designing posters.
- Art- Observational drawings, designing healthy eating plates and posters.
- D & T- cooking different foods, design and construction of food packaging.
- Geography- Where food is grown, how it is transported.
- History- Food discoveries, what people used to eat, wartime rationing.
- PSHE- Planning a menu, food diaries, nutrition.

Parental Involvement:

- All new parents are given a summary of the school nutrition policy.
- Information about school catering is provided at parents evenings and in school newsletters eg menus, theme days and free school meals.
- Grandparents and governors are invited into school to eat lunch with children.
- Feedback from parents is invited in newsletters, via PTA or governors.

Objectives

To work towards ensuring that this policy is both accepted and embraced by:

Governors
 School management
 Teachers and support staff
 Pupils
 Parents
 Food providers
 The school's wider community

To integrate these aims into all aspects of school life, in particular:

Food provision within the school
 The curriculum
 Pastoral and social activities

Disability/ SEN Discrimination

In implementing the contents of this policy, the school will seek to make reasonable and appropriate adjustments in order that children with disabilities and/ or Special Educational Needs are not discriminated against or treated less fairly.

A progress report on the school food policy will be considered by the governors every 2 years and action identified in the school development plan. Parents are consulted before any major changes are made.

Review

The Head teacher and staff will adopt this policy in the Spring Term 2021. The policy will be reviewed in the Spring Term of 2024. Any suggested amendments will be presented to the Governors for discussion.

N. Gray

Spring 2024