

# WHOLE SCHOOL FOOD POLICY

## **1 Introduction**

1.1 At Alderbury and West Grimstead Primary School we are committed to ensuring that the children in our care have the foundations to enable them to grow into healthy adults, this being the first of the five principal requirements of the Childrens' Act 2004 ('Every Child Matters'), i.e. that they:

- be healthy;
- stay safe;
- enjoy and achieve;
- make a positive contribution;
- achieve economic well-being.

Alderbury and West Grimstead Primary School recognises the important connection between a healthy diet and a student's ability to learn effectively and to help them achieve higher standards in school. The school also recognises the role a school can play, as part of the larger community, to promote family health, and sustainable food and farming practices.

The school recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity.

1.2 This school does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food. We believe that to allow children to thrive, a whole school approach will allow key messages about a healthier lifestyle to be adopted.

## **2 Aims and objectives**

We aim to:

- encourage the improvement of the health of the school and wider community by teaching students and families ways to establish and maintain life-long healthy and environmentally sustainable eating habits.
- help children know and understand the importance of food and drink in a healthy lifestyle.
- help children learn what healthy food is.
- give children the skills they need to make the right choices with regard to a healthier lifestyle.
- promote the physical and emotional well-being of all our children.
- increase pupils' knowledge of food production, manufacturing, distribution and marketing practices and their impact on both health and the wider environment.

These aims shall be accomplished through food education and skills (such as cooking and growing food), the food served in schools, and core academic content in the classroom.

### **3 The curriculum**

- 3.1 We will plan explicit teaching about healthy eating in our formal curriculum. For example, we will teach children about the preparation and cooking of healthy food in design technology classes, while in geography lessons, children will learn where food comes from and how it reaches the shops. In science, we will teach about nutrition and the needs of a healthy body. Through mathematics, we will teach children to measure and calculate size and weight. In English, we will provide opportunities for children to discuss, read and write about health-related issues, such as GM foods, and why some parts of the world have a surplus of food, while other parts have famine. In religious education, children will learn about how food is valued in different societies, and the part food plays in religious custom and practice. In physical education, children will have the opportunity to learn how their body reacts to exercise, and the importance of food and drink to participation in sport and dance. In PSHE, children will have the opportunity to reflect on food-related issues such as how food is advertised, and how we can enjoy treats without damaging our bodies. We also visit local supermarkets e.g. Waitrose which focus on the food production chain.
- 3.2 We will also promote healthy eating through the informal curriculum. For example, we will promote healthy eating regularly in assemblies. We will encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle. We will organise school visits to outdoor pursuit centres, and provide opportunities for children to explore the natural world. Our school site will be fully exploited in the interest of the children's physical and emotional development through playground activities.

### **4 The school environment**

- 4.1 We ensure that our school environment promotes healthy eating. We discourage children from bringing sweets, crisps, chocolate and fizzy drinks into school at any time. On rare occasions we give sweets and chocolate as prizes or rewards but we encourage children to think of these as a 'treat'.
- 4.2 We do not have vending machines on the school site that dispense sweets or chocolate.
- 4.3 We encourage children to drink plenty of water by suggesting that they bring a water bottle to school for use at any time, and we provide regular opportunities to drink water throughout the day.
- 4.4 Junior children are encouraged to bring a healthy snack to eat at break times if they wish to have a snack. Infant children are provided with free fruit daily. Children are not allowed to eat crisps or sweets at break times.

### **5 School lunches**

- 5.1 Our aim will be to serve only healthy food and drink. The lunches will be prepared by our school contractors, who will not be granted a tender unless they make a commitment to provide healthy food. A basic requirement will be that they provide a vegetarian option each day, that they always serve vegetables and fruit, and that all lunches have a balanced nutritional value.
- 5.2 The parents of children who bring packed lunches are made aware of our healthy-school policy, and can be given guidance about what should be included in a healthy packed lunch, if required.

## **6 Role of parents**

- 6.1 We will work closely with parents to ensure that the messages about food and drink we give in school are reinforced and encouraged at home.
- 6.2 We request that all parents who send their children to our school respect our healthy food policy and further enhance this by supporting it fully through the food they give their children in their lunchboxes.
- 6.3 At our annual induction meeting for new parents, we emphasise the importance the school places on healthy eating, and why we endorse this policy.

## **7 Monitoring and reviewing**

- 7.1 The governing body, via the curriculum committee, will monitor this policy to ensure that our children are taught the importance of a healthier lifestyle to include healthy eating. It will be reviewed on a regular basis, and at least once every two years.