

# WINGROVE PRIMARY SCHOOL



## School Food Policy

Subject leader: Beth Reynolds

SLT Representative: Jane Mullarkey

Date formulated: March 2007

Date for Review: December 2020

This policy has been developed by consulting pupils, parents, caterers, staff and governors.

It has also been made available through the school newsletter and website.

### **Rationale**

At Wingrove we recognise that diet is central to health, and children's diet can be an important influence on their health now and in the future. We also recognise the important connection between a healthy diet and pupils ability to learn effectively and achieve high standards. With rising childhood obesity statistics and reports of poor diet we recognise the role our school can play as part of the larger community to promote family health and wellbeing.

### **Aims**

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school.

### **Objectives**

To improve the health of pupils by teaching the importance of a good diet.

To increase pupils' knowledge and experience of food and nutrition issues.

To promote healthier food and drink choices throughout the day.

### **Guidelines**

We will achieve our objectives by:

1. Auditing the curriculum at the end of the school year to ensure pupils learn about a balanced diet.
2. Cookery clubs in KS1 and KS2 where pupils are encouraged to plan, budget, prepare and cook healthy food.
3. Key Stage 2 are encouraged to bring fruit to school each day.
4. Supplying cups so every one has access to fresh cool water at all times during the school day.

### **The curriculum:**

Pupils have the opportunity to learn about different types of food in the context of a balanced diet using the balance of good health through cross-curricular work in science, literacy, geography and design technology. As well as the need to avoid the consumption of foods high in salt, sugar and fat and increase the consumption of fruit and vegetables

### **Promoting healthier Food Choices throughout the day**

Food Area	Evidence	Any comments/changes needed
Breakfast club	Children are offered a healthy breakfast, with cereal, toast, milk and juice. Cereal is sugar free	
Daily Fruit	KS1 National fruit and vegetable scheme	
Healthier packed lunches	Pupils are encouraged to eat healthy packed lunches	
School Lunch	Caterers have already implemented standards for healthy eating. Menus to be displayed inside and outside for parents to see.	Encourage more pupils to take up free school meals through discussion

	Pupils rewarded for eating dinner and displaying good behaviour at lunch times through Top Table reward scheme.	and translation.
Drinking	Pupils have access to fresh drinking water in every class. Water coolers are installed to increase availability in other areas throughout school day.	Cups in each classroom.
Communication about food	Menus to be displayed via mail, website and noticeboards. Taster sessions during parents' evening. School council to gain feedback from pupils on menus and policy. Parents, staff, pupils, governors and caterers to be consulted on the policy.	
D & T	Nutrition and healthy eating is taught through DT in Year 1, 3 and 5 and across the school through the Creative Curriculum.	
Science	Nutrition and healthy eating is taught through science in every year.	
Growing clubs	Allotment work Gardening club and the orchard on site	
Cookery clubs	Children plan, budget, prepare and cook meals through cookery clubs.	
Sweets in school	Sweets are to be given on special occasions only eg birthdays/parties.	
Assembly	Healthy living incorporated into themes	

### **Monitoring and evaluation:**

PSHCE Co-ordinator and Science co-ordinator to audit curriculum at end of school year. Report to SLT and governors.

PSHCE co-ordinator to report to Head Teacher on objectives 2-5. Evaluate and make improvements for next year.

### **Conclusion:**

At Wingrove we actively support the health and well being of our pupils. Children are encouraged to eat healthily and are taught the advantages of this.