



Food Policy

Policy Creation and Review

Author(s)	Ms A Greyling
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Introduction

At New City Primary School, we are committed to giving all pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make now and into the future. This policy should be read alongside the school's PSHE, PE and Inclusion policies.

The school supports and encourages children to make healthy choices, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

We have used the following approach to identify what areas we need to change to develop a healthier approach to the issue of food in our school:

- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

Rationale

New City considers all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy-eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community

Settings for food policy

We do not use vending machines in our school.

The Extended Day / After School Provision

The food offered is healthy and is consistent with a healthy diet. A range of different foods are provided that are low in fat and sugar. Children are offered water and low sugar fruit juices to drink. Fruit is also available.

Snack

All our under-5s are entitled to free milk which is organised by the nursery staff. All Foundation Stage and Key Stage 1 classes have a morning and afternoon break time snack of fresh fruit. Children are encouraged in the playground to sit down and eat their snack in a sociable setting. When there is excess fruit for Key Stage 1 this is then shared at after school club to enjoy as above. New City does not allow children to bring in treats on their birthday to share with their peers. The staff and children are encouraged to bring in healthy treats, rather than crisps, chocolates and cakes. No other snack is allowed during break.

School lunches and packed lunches

All our school meals are provided by a contracted caterer who has a healthy-food policy as part of their tender. This includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot and cold option, both of which pay regard to nutritional balance and healthy options. Currently, school dinners are free for all pupils most children have school dinners

A small proportion of children bring a packed lunch to school. We regularly contact parents/carers in relation to the contents of these to help promote healthy eating. At New City we do not allow sweets, chocolate bars (although we do allow chocolate covered biscuits at present), excess cakes or fizzy drinks in the children's packed lunches.

Water for all

Cooled water is freely available throughout the school day to all members of the school community. There are water fountains for children to access. Children are encouraged to drink water at break times so that they begin lessons calmly and refreshed.

Food across the Curriculum

In the Foundation Stage, Key Stage 1 and Key Stage 2, 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 understand where food comes from such as shopping, preparing and cooking food.

English provides children with the opportunity to explore poetry, persuasion, argument, instructional and narrative work using food and food-related issues as a stimulus, e.g. writing instructions for making a salad.

Mathematics can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

Computing can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking.

RSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income.

History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

School visits provide pupils with activities to enhance their physical development, e.g. to activity centres.

Out of hours learning includes sports and gardening clubs see timetables for further details.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on our water and packed-lunch policies through school and class newsletters. We ask parents not to send in fizzy drinks and encourage them to promote use of the water bottles for water only.

During out of school events, e.g. school discos and International festivals, the school will encourage parents and carers to consider the food policy in the range of refreshments offered to the community.

Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and review

The After Schools Club lead are responsible for ensuring that the food served out of school hours is in accordance with this policy. Key Stage managers and subject managers are responsible for the curriculum development of the food policy. The Head Teacher, Healthy Schools Lead and Senior Leadership team are responsible for supporting colleagues in the delivery of the food policy. The Boleyntrust is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

This policy will be reviewed annually to take account of new developments.