

## **St Lawrence C of E (Aided) Junior School**

### **Whole School Food Policy**

#### **Aims and Objectives**

In our school we are committed to giving all our 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. This policy should be read alongside the school's PSHE, drug, and sex and relationship policies.

St. Lawrence is a healthy school. It is important that we consider 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.

We aim to:

- ensure that we are giving consistent messages about food and health
- give our pupils the information they need to make healthy choices
- promote health awareness
- contribute to the healthy physical development of all members of our school community
- encourage all children to take part in the '5-A-DAY' campaign

#### **Breakfast Club and After School Club**

The breakfast club and after school club operate on a daily basis.

The food offered is consistent with a healthy diet.

Breakfast club provides toast, bread, low-fat spread, fruit jam, Marmite, honey and low-salt/low-sugar fortified cereals with semi-skimmed milk. There is water or milk to drink.

After school club provides fresh fruit, dried fruit, breadsticks, crackers, pitta bread, cheese, ham and chicken. There is water to drink.

## **Snack / Milk**

All children are encouraged to bring a piece of fresh fruit which they eat at playtime – no other snack is allowed during break. Children have the option to sign up for the milk at break-time. This is provided free of charge for children entitled to free school meals, and at a cost of £1 per week for all other pupils whose parents wish them to participate.

## **School Lunches and Packed Lunches**

All our school meals are provided by the Surrey contracted caterer who has a healthy-food policy in accordance with national regulations. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children.

Many children bring a packed lunch to school. We do not allow sweets, nuts, chocolate bars or fizzy drinks.

Birthday sweets are only allowed in school if given out at home time.

## **Water for All**

Cooled water is freely available throughout the school day to all members of the school community. Children may drink their water at any time except during the 15-minute assembly or when doing computing. Regular water and brain breaks are built into the school day and curriculum by class teachers.

## **Food Across the Curriculum**

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.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus.

Maths 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, in our state of the art food technology room, 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.

PSHE 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.

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 who rely on growing food as their source of income, e.g. fair trade issues

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 many sporting activities and cookery club.

### **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.

Parents and carers are advised of our water and packed-lunch policies through the school induction pack. We ask parents not to send in fizzy drinks or Easter eggs; and we remind them that only water may be drunk during the school day, unless there is a different beverage on offer from the caterer.

During out-of-school events, e.g. school discos etc.; the school will encourage parents and carers to consider the food policy in the range of refreshments offered for sale to the children.

## **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**

Heads of Year and subject co-ordinators are responsible for the curriculum development of the food policy. The Headteacher and PSHE co-ordinator are responsible for supporting colleagues in the delivery of the food policy. The LA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

Last review date: January 2018

Next review date: January 2021