

Whole School Food Policy

Introduction

At the Beacon Infant and Nursery School we recognise the importance of a healthy life-style and diet, and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. We also recognise that there is a strong link between a healthy diet and effective learning. Our school aims include: Provide a calm and positive environment, where children and staff are safe, healthy, happy, confident and motivated.

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
- To encourage all children to take part in the '5 a day' campaign

School Meal Provision and Packed Lunches

Children and staff at the Beacon Infant and Nursery School have a choice of purchasing a school meal or bring a packed lunch from home.

The school works to create a sociable dining environment and to encourage the development of good table manners. Children all eat together in the school hall and are encouraged to take their time to eat their dinner and to eat as much of it as possible.

The school is dedicated to providing a balanced menu of school dinners. The Headteacher has the responsibility for ensuring that the school's meals providers, Chartwells Catering Services, offer a wide range of nutritious and attractive meals to children that meet the Government nutritional standards for school lunches and to ensure children with individual dietary needs are catered for appropriately.

We encourage healthy packed lunches. We do not allow fizzy drinks or sweets in lunchboxes.

Provision of food and drink during the school day

Fruit and vegetables : We belong to the School Fruit and Vegetable Scheme and both our KS1 and Foundation class are given washed fruit and vegetables each morning (and in the afternoon for the Foundation 1 afternoon class).

No other snacks, such as sweets, chewing gum, crisps or fizzy drinks are permitted at break times.

Milk : Foundation stage children (F1 and F2) receive free milk during the morning and afternoon sessions.

Water : Everyone has the right to clean drinking water. We encourage children and staff to drink at school. Regular water and brain breaks are built into school day by class teachers.

Breakfast Club

We now have a breakfast club which operates daily for those pupils who require it. This provides a nutritious meal for pupils before the school day.

Pupils with disabilities, Special Educational needs, specific medical religious and cultural needs

We strive to ensure successful inclusion of all pupils, whatever their individual needs. The school is willing to make adjustments for children with Special Educational Needs and Disabilities and those with specific medical needs which require individualised diets. School will require sight of medical reports and advice in these cases. Our school SENCO will coordinate in these cases between parents/child and the school meals provider, Chartwells.

The school caterers, Chartwells, will provide food in accordance with pupils' religious and cultural practices.

Rewards

The school recognises that pupil achievement should be celebrated and rewarded when appropriate, and that food can play a role in such celebration. Sometimes parents are welcomed to join their children in such celebrations.

Food in and across the curriculum

Throughout our thematic 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. The school curriculum is used to enrich pupils' experience of food and healthy living.

Curriculum content which all children will focus on :

- ✓ Food groups leading to good health
- ✓ The development of healthy bones and teeth

- ✓ Foods from different cultures and beliefs
- ✓ Use of related schemes of work throughout the school
- ✓ Growing fruits and vegetables in school gardening plots
- ✓ Opportunities to cook, when they will learn about basic hygiene, food preparation and enjoyment.

Sustainability

We involve pupils and staff in the delivery and monitoring of our healthy and sustainable school food and drink work, and draw upon outside expertise when needed.

We encourage pupils and staff to apply what they have learned about healthy and sustainable food and drink to their lives outside school, and share our learning with the community.

Staff training

The school is committed to training staff on basic hygiene and first aid skills. Lunchtime supervisor training/support is on-going.

Pupil/parent/carer involvement

As a school we value the opinions and suggestions of pupils and parents and we welcome feedback. We want pupils and parents to inform our food policy. Once a year we do a survey with parents and children to find out their thoughts about our school meals.

We aim to invite parents in to share a school meal with their child at least once a year.

Monitoring

The Head teacher, classroom staff and lunchtime staff monitor this policy on a day-to-day basis.

Evaluation of the process, made by the school in implementing and sustaining the aims and objectives of this policy, will be made by the governor with responsibility for healthy schools and the Headteacher.

Review : This policy will be reviewed bi-annually or take account of new developments and views of the whole school community, particularly the views of the pupils. This takes place through discussions at our school council meetings.

Discussed and agreed by Full Governors on 20.3.15Adm