



Lings Primary School

Whole School Food Policy

Date of Last Review: July 2017

Date of Next Review: July 2019

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1 A healthy school is...

...one that is successful in helping pupils to do their best and build on their achievements. It is committed to ongoing improvement and development. It promotes physical and emotional health by providing accessible and relevant information and equipping pupils with the skills and attitudes to make informed decisions about their health.

A healthy school understands the importance of investing in health to assist in the process of raising levels of pupil achievement and improving standards. It also recognises the need to provide both a physical and social environment that is conducive to learning.

2 Lings Primary School is...

...a healthy School and we feel that it is important to promote health awareness in all members of the school community. Lings recognises the connections between a healthy, balanced diet and a pupil's ability to ability to learn and achieve well in School.

3 What are the Aims of this Policy?

- To make explicit the values and guidelines that underpin every aspect of food culture in Lings Primary School
- To ensure that our children receive consistent and coherent messages about food and its role in their long-term health.
- To outline our future plans and goals with regards to food culture in our school.
- To ensure that the school meets the outcomes of the Every Child Matters legislation.

4 What are the values that inform this Policy?

- We believe that every adult in Lings Primary School can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.
- We want the children to understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.
- We want the children to apply their knowledge about food and make healthy choices both in and out of school.
- We believe that food has a role in developing young people's social skills.

5 Water in the School

- Children have access to free and fresh water throughout the school day.
- Children are encouraged to bring their own water bottles into their classrooms and are allowed to drink water whenever they feel thirsty.
- Children who eat hot lunch have jugs of fresh water on their tables.
- Children have access to free and fresh water on school trips.

6 Food throughout the School day

Before and After School

- We discourage parents from providing and our children from eating sweets, chocolates and fizzy drinks at before and after school clubs such as sporting events.

Breakfast

- We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels without breakfast.
- Breakfast club takes place every day during term time. The school aims to provide the opportunity for pupils to eat breakfast in a stimulating environment and engage pupils in making healthy choices in their diet.

The School is committed to

- provide a good balance and variety of healthy food and drinks
- provide a low cost breakfast to pupils

Break Time

- Children in Key Stage One benefit from the National School Fruit Scheme - this entitles them to one free piece of fruit or vegetable a day.
- We have secured funding to supply Key Stage Two with one free piece of fruit for six months. *After this time we will encourage parents/carers to provide children with a healthy snack.*

Lunch Time - hot lunch in the dinner hall

- We aim to provide our children with good quality, healthy food and we actively promote healthy choices.
- We recognise the importance of eating a hot lunch and hope that more children who take packed lunch will choose to switch to a hot lunch.
- The weekly menu is on display for the children and parents in the foyer and is sent home with the children so they, along with their parents can chose their favourite option.

- *We aim to send the menu to the parents each term.*
- We listen to the children's opinions on the menu and try to get the menu adapted accordingly.
- We encourage children to wash their hands before eating.
- Nourish, our caterers, work to their own nutrition policy that exceeds the guidelines laid out in 2001 by the government. Nourish cook good quality, healthy food.

Lunch Time - packed lunches

- Children who eat packed lunches currently sit together with those eating hot lunch.
- Nourish provide packed lunches for School trips in accordance with their own healthy eating policy.
- *We aim to reach a stage where **no** children have chocolate, crisps or sugary drinks in their packed lunches.*
- *We aim to support parents in making healthy choices when preparing packed lunches.*
- *The Lunch Buddies regularly talk to children about their packed lunches.*

Lunch Time - the dinner hall environment

- Staff are encouraged to visit the lunch hall to encourage sensible behaviour and eating habits.
- We aim to make sure children have time to eat their lunch and do not need to rush and remain seated until they have finished.
- *Lunch Buddies (children from Years Five and Six) work in the dinner hall each lunchtime and play an important role in improving the dinner hall environment. They make help the adults to keep it clean, promote good manners and conversation and support children in making healthy choices with their food.*

7 Food in the Curriculum

- We exploit opportunities within the existing curriculum to discuss and work with food.
- We recognise that food has great potential for cross-curricula work.
- Visits by outside agencies also promote health awareness.
- Whole School and Key Stage assemblies are an opportunity to explore health and food related issues.

8 Schemes and events

- We try to participate in as many food-related events and schemes as possible as long as they consolidate the aims outlines in this policy.
- We believe it is important to celebrate cultural, personal or community events and recognise that food has a role in such celebrations as birthdays, religious festivals or end of term parties. Food provided at such events should, as far as is possible, comply with this overarching policy.

9 Links to other Policies

- This policy has links to the Behaviour and Equality Policies.

10 How is this policy monitored and evaluated?

- This is a working policy - this draft will go to consultation with the whole School community, including children, parents, School staff (including catering staff) and Governors, school nurse, nutritionist and healthy schools officer: it will be posted on the School website.
- We will review this policy every two years.

Confirmatory Signatures

Signed.....Head Teacher

Signed.....Governor

Approved on.....

To be reviewed on.....