



DEEPING ST NICHOLAS PRIMARY SCHOOL

FOOD POLICY September 2015

1. Introduction

Staff and governors of Deeping St Nicholas Primary School recognise that we have a part to play in promoting a healthy lifestyle, including encouraging healthy eating options. A Food Policy for our school will enable us to be pro-active in this regard and respond to the guidance in the Food in Schools Toolkit (2005).

2. The Rationale for the School Food Policy

- Diet is central to health and a child's diet can influence both current and future health, as well as affecting learning potential. A good diet in childhood can help protect against chronic diseases when older.
- All recent studies demonstrate that children eat too much saturated fat, added sugars and salt.
- On average, children only eat 2 of the recommended 5 portions of fruit and vegetables a day.
- Poorly nourished children, including the overweight and obese, often experience social and psychological problems, which can also impact on their behaviour and performance at school.
- As children spend an average of one quarter of their waking lives in school, schools need to promote healthy food and drink choices throughout the school day.
- The school environment, staff and pupil attitudes and what children learn in the classroom, have a major influence on their knowledge and understanding of health issues.

3. The Aims of the School Food Policy

Through implementation of this policy we aim to:

- Set out a co-ordinated approach to food and drink to increase the availability of healthier options
- Ensure quality of access and participation for all
- Reinforce appropriate messages relating to food and drink
- Engage the entire school community
- Establish effective partnerships
- Achieve greater sustainability through planned action
- Respond to the needs and desires of our families
- Communicate our shared vision, ethos and values to children, staff, parents, governors and the wider community.

4. Implementation

a. Water Provision

- Children are provided with a water bottle as a gift on starting school.
- Children are encouraged to bring water bottles to school every day.
- These can be bought through school or elsewhere, but should be clear plastic.
- Water bottles should not be shared – each bottle should be clearly labelled.
- Bottles should be filled up at home before being brought to school each day and should be taken home every night and thoroughly washed.
- Water bottles will be kept in the classroom, as directed by class teachers (either on tables or in an agreed and accessible place).
- Children should have opportunity and encouragement to drink through the school day.
- Children who do not have a water bottle in school may still access water to drink from the water fountain in the cloakroom area.
- *During very hot weather children may take their water bottle outside during playtime.*
- Water bottles must not be used near computers or other electrical equipment.

b. Toilet Access

- It is important children are allowed to go to the toilet when they need to.
- Children are encouraged to go to the toilet at appropriate times, e.g. playtimes and lunchtimes. If they need to go during a lesson, they are encouraged to wait until specific teaching is completed. However, children are not made to wait unnecessarily.
- Children are reminded of the need for personal hygiene after visiting the toilet and signs and posters reinforce this message.
- Provision will be made to meet the needs of any child whom we have been informed has a specific urinary or bladder problem.

c. Healthier Eating

- At this school, healthy eating choices are promoted consistently.
- Parents are supported with information about lunch box choices by our school nurse.
- The school participates in the Fruit in School scheme.
- Carbonated drinks and sweets are not permitted in lunch boxes and dinner ladies ensure any such item is returned home.
- Our dinner ladies encourage children to eat savoury food first and reward good manners.

d. Eating Environment

- Lunch boxes are stored together on trolleys in the school dining area.
- Children eat in the school dining area.
- We constantly review the eating environment as an ongoing target to improve in terms of attractiveness, hygiene and difference from lesson times.
- Hot School Meals are provided from an outside provider, and parents are consulted regularly about the quality of provision.

e. Supporting Food Policy Through the Curriculum

- There are many opportunities to include links to food related topics within the curriculum. This is positively promoted and encouraged. The following illustrate the cross-curricular teaching and learning opportunities presented to our children:

Literacy	– following and writing instructions / invitations
Numeracy	– sorting / classifying / weighing / measuring / estimating / costing ingredients
Science	– observing and predicting changes in materials
History	– food from different periods and civilisations
Geography	– food from different countries
R.E.	– special food / harvest / pancakes/ Chinese New Year
PSHE	– healthy eating / food and personal hygiene / working together
P.E.	– food for fitness / exercise
Art	– observational drawings of fruit
D&T	– food unit
EYFS	– Teddy Bears’ Picnic, food technology

f. Supporting Food Policy Through Extra-Curricular Activities

- Children at this school are encouraged to be aware of plant, animal and human care.
- All children are involved in planting in EYFS/KS1 to take part in local competitions.

g. Healthy Schools Programme

- Everyone at Deeping St Nicholas Primary School enthusiastically embraces the opportunity to be part of the Healthy Schools Programme. As a result of participation the following improvements have been achieved:
 - Continued availability of water to drink / understanding of why it is good for us to drink water
 - Emphasis on food that is good for us and healthy lunch boxes
 - Continued emphasis on sport and physical activity
 - Continuation of Playground Mediators/Helpers to improve playground behaviours and support new children
 - Better use of the outdoor environment and introduction of additional play equipment
 - Continued emphasis on the quality of relationships and social skills throughout the school.
- Members of the school community have worked on a School Travel Plan which links with, and supports, the Healthy School Programme. This has resulted in:
 - Introduction of an annual Road Safety programme
 - Encouragement to walk to school
 - Provision of a covered seating area in the grounds

5. Health and Safety

- Basic hygiene rules are always followed when engaging children in an activity involving food preparation.
- Any such activity will not make use of any product containing nuts.
- There is currently 1 child in school with a nut allergy. Details of children with specific allergies are sought from parents and made available to all staff. First aid training for all staff includes training on procedure and treatment following an allergic reaction.

6. Monitoring and Review

- This policy reflects the consensus view of all staff and the governors, in consultation with members of the school's healthy school task group, and *was adopted by governors at their meeting in September 2015.*
- It will be reviewed annually and amended, as and when required, in the light of ongoing government initiatives and to ensure it reflects the views of our parents.