



SCHOOL FOOD POLICY

APPROVED BY: Governing Body

NEXT REVIEW: October 2024

- To make explicit the values and guidelines that underpin every aspect of food culture in Holmleigh School 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.

What are the values that inform this policy?

- We believe that every adult at Holmleigh 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 want the children to enjoy cooking and learn certain core skills by the time they leave the school.
- We believe that food has a role in developing young people's social skills.

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 cups of fresh water on their tables.
- Children have access to free and fresh water on school trips.

Food throughout the school day:

Before and After School

- We discourage parents from providing and our children from eating sweets, chocolates and fizzy drinks before school.

Birthday celebrations

- We encourage homemade cakes and treats for birthday celebrations.

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.
- We have a breakfast club that is available to all children by arrangement.
- We provide every child with a bagel at the start of the school day.

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.
- Children in Key Stage Two are encouraged to bring a piece of fruit to school to eat at break time.

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 dinner hall and playground respectively.
- We aim to send the menu to the parents each term.
- We listen to the children's opinions on the menu and adapt the menu accordingly.
- We run our own catering service according to agreed nutritional standards. We do not use GM modified food, actively discourage the use of convenience food and ensure that all dishes are freshly prepared.

Lunch Time – packed lunches

- Children who take packed lunches and school dinners eat together.
- We take packed lunches for school trips in accordance with our 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.

Lunch Time – the dinner hall environment

- We aim to make sure children have time to eat their lunch and do not need to rush.
- We aim to move to 'family service' in the long term.
- We aim to maintain a calm, orderly and well-mannered environment for eating.

Food in the Curriculum

The formal curriculum develops pupil's knowledge of healthy eating through PSHE, Science and cross curricular links.

The profile of healthy eating is raised through focus on science and DT topics, healthy food activities and workshops during Science Week.

In EYFS the children learn about what keeps them healthy in PSE and Understanding of the world and in Key Stage 1 and 2 children learn the importance of healthy living in Science, DT and PSHE. Topics include: Ourselves, Health and Growth and Circulation and Keeping Healthy. The message of healthy living is threaded through the Primary Curriculum and especially through PSHE and Science.

In our school garden vegetables are grown seasonally and the produce is used to make healthy foods such as salads and soups for lunch.

Provision for staff

Staff receive training to make sure they are confident when working with food and their class.

Staff have discussions about healthy eating and the food policy. This ensures that everyone is part of the process and that opinions of staff, pupils and parents are valued.

Staff are encouraged to eat healthily themselves and set an example to the children.

Many staff members choose to have a school dinner. Some choose to eat with the children.

Staff involved in food preparation for breakfast and extended school has a food hygiene certificate.

Links to other policies

This policy has links to the Science, Behaviour, PSHE, Equal Opportunities and Design and Technology policies.