



Food Policy

'I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.' John 6:35

Introduction:

The school is dedicated to providing an environment that promotes healthy eating and enables children to make informed choices about the food they eat. This is achieved by the whole school approach to food documented in this whole school food policy. The policy was formulated through consultation between members of staff, governors, children, North Yorkshire Council (our catering suppliers) as well as Parents' views and Pupils' views from the School Council.

Rationale:

St Martin's school 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 about 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. This is underpinned by our 'HeartSmart' PSHE curriculum.

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.

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Breakfast and After school club:

The breakfast club and After school club are popular and operate daily in the school for all children from age five. We target some children who we know have little or no time for breakfast in the mornings at home and provides snack provisions after school. The food offered is healthy and is consistent with a healthy diet - e.g. toast, bread (range of options including white, brown, granary, buns, baps and rolls), low-fat spreads, fruit jam, yoghurt, low-salt/low-sugar fortified cereals, slices of fresh fruit. Children choose from water, orange juice and apple juice to drink.

School lunches and packed lunches:

All our school meals are provided by a contracted caterer (North Yorkshire Council) who have a healthy-food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot, vegetarian, jacket potato and cold option, all of which pay regard to nutritional balance and healthy options. Children are encouraged to serve themselves and make healthy options. Many children bring packed lunch to school. We communicate to parents/carers about the contents of these and we do not allow sweets or fizzy drinks. We actively encourage parents/carers to include healthy options.

Water for all

Cooled water is freely available throughout the school day to all members of the school community. Children may drink water at any convenient time and they are allowed to bring their own water bottles into school.

Food across the curriculum:

Across the school, there are many 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.

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For Harvest festival, children actively investigate food production and food around the world.

- New Technologies 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 as part of design technology 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 can discuss issues of interest to young people, e.g. advertising and sustainable development.
- Music can explore songs which link to the theme of food e.g. School's Harvest festival service.
- 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.
- History provides insight into changes in diet and food over time e.g. the diet of different civilisations throughout the world and how it's changed 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. Year 4 residential to Peat Rigg (outdoor activity centre).
- Out-of-hours learning includes cookery and gardening clubs from time to time.
- Allotment areas are used across the school to encourage children to grow a range of fruits and vegetables which they then use to cook with. This is run and maintained by the School Council.

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. St Martin's Primary School Parents and carers are regularly updated on our water and packed-lunch policies through class newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash. We are a 'nut free school' and other healthy eating leaflets are sent out at the beginning of each academic year, as well as

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distributed through class dojo. Sometimes, children may be given the choice of completing a cooking activity as part of their topic/project homework. Any cooked items brought to school for this purpose may be shared with classmates, at the teacher's discretion. Parents/carers may be informed via the year group blog. Sometimes, children may complete a cooking activity as part of the broad and balanced curriculum in school. Any items cooked in school may be shared with classmates, at the teacher's discretion. Parents/carers may be informed via Class dojo. During out-of-school events, e.g. school discos etc., the school will encourage parents/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 expertise in this area. REVIEW The local governing body will review this policy in line with its annual cycle of review.