



*St. Saviour's Church, Coalpit Heath.*

**The Manor C of E Primary School**

## **Policy: Food in School**

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**Approved:**

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*Headteacher*

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Chair of Governors

# Food Policy

## 1 Rationale

A school should seek to improve the health of the whole school community by teaching pupils and families ways of establishing and maintaining life-long healthy and environmentally sustainable eating habits. We will help our pupils acquire the skills and knowledge to make healthy choices and set a good example by offering healthy food to all pupils.

## 2 Responsibilities

The Governing Body recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. The Governing Body also recognises the role a school can play, as part of the larger community, in promoting family health, and sustainable food and farming practices.

The Governing Body understands that sharing food is a fundamental experience for all people; an excellent way of nurturing and celebrating cultural diversity; and a bridge for building friendships and inter-generational bonds.

## 3 Aims

- 3.1 To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- 3.2 To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food and a safe, easily available water supply during the school day.
- 3.3 To ensure that food provision in the school reflects the ethical and medical requirements of all members of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- 3.4 To ensure that food provided by parents/carers for consumption at school (packed lunches, snacks, etc) meets the same standards as food provided by the school.
- 3.5 To make the provision and consumption of food an enjoyable, social and safe experience.
- 3.6 To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

## 4 Methods

- 4.1 Establish an effective structure to oversee the development, implementation, and monitoring of this policy, and to encourage a participatory approach to meeting the objectives.
- 4.2 Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food, through both education and example.
- 4.3 Create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food.
- 4.4 Through both through the curriculum and extra-curricular activities, help pupils develop an understanding of food issues, growing food, hygiene, food preparation, nutrition, healthy lifestyles and the food industries.

- 4.5 Develop an understanding of the role food plays in cultural diversity and knowledge of food in other cultures.
- 4.6 Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.

## **5 Process**

- 5.1 All children having school meals are given a portion of vegetables as part of their meal. They are encouraged to try some, even if it is a small portion.
- 5.2 School meals are sourced whenever possible with locally produced and seasonal food and Fair Trade initiatives are supported.
- 5.3 Chilled water is available to all pupils at lunch time.
- 5.4 Good table manners are promoted. This is a joint effort with home.
- 5.5 Sugary drinks are not to be included in packed lunches.
- 5.6 Packed lunches are to include some fruit or vegetables, eg piece of fruit, dried fruit, cherry tomato, carrot stick, salad in sandwiches or fruit juice.
- 5.7 Children may bring bottles (not glass) containing water only into school for consumption throughout the day.
- 5.8 All FS and KS1 pupils receive a free piece of fruit or a vegetable every day.
- 5.9 The tuck shop is open at break time and sells wholemeal toast; fruit salad cups; dried fruit; fruit juice; and milk.
- 5.10 No other snacks are allowed during mid-morning break except for pieces of fruit or vegetables.
- 5.11 Children are not permitted to bring sweets of any kind into school.
- 5.12 The only time that sweets are permitted might be during a whole school celebration, for example the Christmas party.
- 5.13 Children are not permitted to bring sweets, cake or chocolate into school to share with friends, perhaps after a holiday or to celebrate a birthday, due to a number of children who suffer particular allergies.
- 5.14 The cook provides occasional food workshops for pupils.
- 5.15 Pupils are involved in growing food through class initiatives and the after school gardening club.
- 5.16 Children learn about food as part of the National Curriculum.

This policy will be integrated into all aspects of school life, including food provision within the school, the curriculum and pastoral and social activities, and will be shared with the whole school community and food providers