



## **INTRODUCTION**

Valence Primary School provides an environment that promotes a healthy diet and enables pupils to make informed choices about the food and drink they consume. This is achieved via a whole school approach to healthy lifestyle education.

The policy was formulated through consultation between members of staff, governors, parents and pupils.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18-year olds and the food nutrition standards.

## **FOOD POLICY CO-ORDINATOR**

This policy and healthy lifestyle strategy is co-ordinated by leading staff including a member of the Senior Leadership Team, the Science Team and the P.E. Lead.

## **POLICY AIMS**

The main aims are:

To enable pupils to make healthy dietary choices through the provision of evidence-based education and the development of appropriate skills and attitudes.

To provide healthy dietary choices throughout the school day.

**These aims will be addressed through the following areas:**

## **CURRICULUM**

Diet and healthy nutrition is taught as appropriate to each year group's age.

### **Teaching methods**

Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include research, debate, group discussion and role-play. Year group teachers share good practice at planning meetings.

### **Leading by example and staff training**

All staff have a key role in accurately shaping pupils' knowledge, skills and attitudes regarding what constitutes a healthy diet. It is important that all staff are familiar with healthy dietary guidelines.

## **PHSE**

Resources for the teaching of a healthy diet in PSHE have been selected to complement the delivery of the curriculum in other subject areas, particularly science. Resources are available to all staff via the staff intranet. Books are available for pupils in the library and Healthy Diet tips are shared on our School Website for all stakeholders e.g. How to Make Healthy Packed Lunches.

## Cross curricular links

**Physical Education (PE)** Pupils to be made aware of the importance of a healthy diet and to recognise the links between healthy diet and physical activity for both their short term and long-term wellbeing.

**Personal, Social and Health Education (PSHE)** Encourages young people to take responsibility for their own health and well-being and teaches them how to develop a healthy lifestyle. This area also addresses issues such as body image and the impact of legal consumables that may cause harm i.e. energy drinks, alcohol and caffeine. Pupils can discuss issues of interest to young people.

**Science** Children in each year group study topics which cover the types of food and drink available, their nutritional composition, their digestion and the function of different nutrients in contributing to their health and development. In addition, pupils learn about care of their bodies, including their teeth, and the impact different dietary choices as they grow and age.

**Design and technology (DT)** Pupils are encouraged to discover new foods through curriculum based tasting sessions. The opportunity to learn about where food comes from is taught through practical work with food, including preparation and cooking. Much of the work covered links with their science topics.

**Religious education (RE)** Pupils experience and learn about different foods through celebration of a range of religious festivals and cultural events.

### Extra-curricular activities

The school aims to provide a cookery club, developing basic skills in planning, preparation and cooking healthy meals and an understanding of basic food hygiene.

Pupils are involved in growing foods in the outdoor area, developing an understanding of where food comes from. From time to time, visits may be planned to local allotments or farms.

## FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

### National Nutritional Standards for School Lunches

National Nutritional Standards for school lunches became compulsory in April 2001.

The Government has announced National Nutritional Standards for school food. Together they cover all food sold or served in schools: breakfast, lunch and after school meals.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. The school has launched a nutritionally analysed menu, written in partnership with the Children's Food Trust.

### Extended School Provision

Breakfast is an important meal that should provide 25% of a child's energy requirement and contributes significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day. The breakfast menu includes: low sugar cereals, fruit, toast, milk and water.

In addition, this year we are teaming up with an organisation called **Magic Breakfast**, to offer free breakfast snacks to all pupils. A **Bagel Bar** will be in the playground every day. We aim to ensure that all pupils start the day with something nutritious in their stomachs.

The school also offers a meal for after school club children and follows the above National Standards.

### **Packed lunches**

The school encourages families to provide children with packed lunches that complement the Nutritional Standards. This is achieved by promoting and rewarding healthy packed lunch decisions. Only milk or water are permitted with packed lunches, both are provided free to children.

### **Snacks**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

Fresh fruit and milk are offered to children in the lower school during the morning. Older children are permitted to bring fruit or a healthy snack for playtime.

### **Drinks during the School Day**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water throughout the day. In addition, the school provides free milk at lunchtimes to all children, on request, in order that a healthy drink choice is available.

### **Special events**

Food provided for special events e.g. Head teacher tea party and class celebrations are representative of a healthy diet and encourage pupils to make balanced choices. This always includes at least one fresh item (fruit or vegetable), a savoury item, a sweet item and a drink. Food is not used as a reward. Children are not permitted to bring sweets and/or cakes in to school on birthdays.

## **SPECIAL DIETARY REQUIREMENTS**

In healthy dietary education, as in all other areas of the curriculum, we recognise the value of the individual and strive to provide equal access of opportunity for all.

### **Special diets for religious and ethnic groups**

The school provides food in accordance with pupils' religious beliefs and cultural practices.

### **Vegetarians and vegans**

We offer a vegetarian option daily on our School Meal Menu. When necessary the school also provides a vegan option.

### **Food allergy and intolerance**

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School catering staff are made aware of any food allergies/food intolerance and requests for special diets and facilities are agreed in consultation with families.

## **FOOD SAFETY**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

## **MONITORING AND EVALUATION**

The school will evaluate the impact of the Food and Drink Policy by feedback received from parents and governors. This policy will be reviewed annually.

Review Date: Nov 2019