



This document is freely available to the whole school community. Our policy is regularly referred to in the school newsletter and is made available in the prospectus, as well as our website.

Introduction

In our school we are committed to giving our pupils consistent messages about all aspects of healthy lifestyles to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHE, Drug and Sex and Relationship Policies.

The school supports the '5 a Day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

Rationale

Priory Junior 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 with regard to food and healthy eating patterns. Through effective leadership, the school ethos and the curriculum, all school staff can create an environment which supports a healthy lifestyle.

Aim

To ensure that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors to our school.

Objectives

- To promote health awareness in all members of our school community
- To contribute to the healthy, physical, mental and emotional development of all members of our school community
- To provide the information pupils need to make healthy choices, and to make sure this information is consistent and up-to-date
- To ensure our children understand the importance of '5 a Day' and encourage them to take part in this
- To teach children the importance of a well-balanced and varied diet
- To encourage children to try new foods
- To prevent food related health problems
- To promote the regular drinking of water to aid health and learning
- To encourage social skills at mealtimes

Snacks

All children are allowed to bring a break-time snack to school. This is requested to be a healthy snack of fruit or vegetables.

Dining Room

We believe that eating should be sociable experience. Parents and other family members are regularly reminded that they can purchase a school meal to share with their children. Members of staff occasionally eat with the children too.

We try to ensure that the dining hall is as pleasant as possible. Children have set tables to eat at for their lunch and these are monitored closely by the midday supervisors. Queuing is minimised and noise levels are controlled by the midday supervisors. Children who have allergies are positioned at a table that is known to the midday supervisors so that they can keep a watchful eye. The School Council is consulted regarding improvements to lunchtimes, including dining.

School Lunches

All our school meals are provided by a contracted caterer who has 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. Pupils are able to choose as many vegetables as they wish. A hot and cold option is provided, both of which are nutritionally balanced, healthy options. There is also a salad bar from which children are permitted to help themselves. The cooks encourage the children to try new foods but never pressurise. Menus are made available in advance to parents.

Packed Lunches

Many children bring a packed lunch to school, which they store in their locker in their cloakroom. We encourage packed lunches to be healthy and as such, we do not allow sweets, or fizzy drinks.

Water For All

Children may drink their water at any time. Currently, water is also available to children through the water fountains.

Nut Safe

While we recognise that we cannot be a completely nut free school, we are nut safe. We do not allow nuts into school for break-time snacks or as part of packed lunches, and send regular reminders to parents about this via our school newsletter.

Food Across The Curriculum

There are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills. Science and PSHE explore the different food groups and what constitutes a balanced diet, or a healthy meal. Additionally, pupils are taught the function of different nutrients and their contribution to health, the process of digestion, and the body's response to exercise. Furthermore, Food Technology lessons, as part of Technology, provide the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking. The Technology Subject Leader has updated members of staff on the health and safety issues surrounding food hygiene. She is responsible for overseeing that food is sourced, prepared, cooked and stored hygienically. Our children's kitchen provides a vital resource for Food Technology lessons. All children have the opportunity to cook and learn about food once a term in small groups.

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. We strive to build a strong working partnership between home and school. Parents and carers are regularly updated on our water, break and lunch policies through school newsletters, including reminders about being a nut safe school.

Specific Needs

We recognise that some children may have specific dietary needs and when these arise, we liaise closely with parents to ensure their requirements are catered for. When necessary, we receive appropriate training and information from the School Nurse e.g. Nut allergies, Diabetes.

Role of the Governors

Governors monitor and check the school policy is upheld and act as a critical friend with regard to this.

Monitoring and Review

The Headteacher and PSHE co-ordinator are responsible for supporting colleagues in the delivery of the Food Policy. The school has a contract with a school meals provider and we monitor carefully the quality of the food offered as part of the contract.

This policy will be reviewed every year to take account of new developments.