

HOTHFIELD JUNIOR SCHOOL FOOD POLICY

Adopted 16 May 2007
Revised 7 October 2008

1 Introduction

This policy advocates a 'whole school' approach to food and drink in school.

It therefore covers how school should approach food and drink so that such approach

- has a positive influence on the achievements of pupils, and the well-being of everyone in school.
- helps the school retain its 'healthy school' status
- enables pupils to become educated consumers of food

2 The policy

2.1 Generally

School believes that an early understanding of foods and diet will last a lifetime.

This school policy is aimed at ensuring that pupils in school can start to develop such an understanding whilst at Hothfield Junior School - not just an understanding of the importance of choosing foods for health reasons but also an understanding that food is a part of life to be enjoyed.

2.2 Specific objectives

To encourage the enjoyment of food as part of a balanced diet. It is not part of this policy to prohibit any types of food from school (however other school policies do require that certain food types are not allowed at school and these are set out in section 2.7)

To ensure School gives across the whole curriculum a consistent message about the importance to health of foods, and personal food choices.

School supports the '5 a day' campaign so school will encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to have health benefits.

To work in partnership with pupils, parents and carers, teaching staff, health professionals, catering staff, lunchtime supervisors, and governors to achieve these objectives.

2.3 School lunches

The Government has established regulations for the content of lunches provided in school. The most recent regulations are the Education (Nutritional Standards for School Lunches) (England) Regulations 2007.

The Governors have a statutory obligation to ensure that the provision of school lunches complies with the standards set out in the regulations.

The Governors will comply with this obligation.

School will work with the provider of school lunches to ensure that children, staff and parents/carers have sufficient information about menu choices (including those to accommodate special dietary requirements, pricing, how to purchase school lunches, the availability of free school meals and that children, staff & parents/carers are given a facility for providing feedback on the way school lunches are provided.

2.4 Packed Lunches

School will not, save as mentioned at section 2.7, prohibit any foods from packed lunches brought into school, but will encourage their meeting the same nutritional standards (as set out in the 2007 Regulations) as the lunches provided by school.

Information on those nutritional standards will be provided to parents/carers.

2.5 Snacktime

School will ensure that children have the option of purchasing healthy food and drink (in accordance with the nutritional standards) at morning break for a reasonable price.

School will provide the option for children to purchase school milk (on a termly basis, in advance)

2.6 Provision of water in school

Cooled water is to be freely available throughout the School for every person within school.

Every pupil will be given the opportunity to purchase, for a reasonable cost, a suitable bottle to store their water in.

Children may drink water at any time save in the ICT suite

2.7 Existing specific food-related policies

- sweets are not to be consumed on school premises during school hours save for a) special occasions where the permission of a member of the adult workforce within school has first been given, and b) for cough sweets, where they are sent with a letter from parents/carers.
- fizzy drinks are not to be brought into school nor taken on school trips
- the only snacks allowed in school are fruit and vegetables

Note: exceptions will apply on medical grounds

3 Curriculum

The aims of this Policy are to be reinforced throughout the taught curriculum at school.

There will be specific work units in each Year Group, as follows:

- Year 3 - teeth and healthy eating
- Year 4 - moving and growing
- Year 5 - keeping healthy
- Year 6 - this policy will be reflected across the whole science curriculum
- All year groups:

- Physical Education lessons will reinforce the value of drinking plenty of water and looking after yourself by eating a good diet
- Personal, Social, Health & Citizenship Education lessons will cover the importance of food in life

4 Process for reviewing the application of this Policy

4.1 School Council to have school meals as regular agenda item and to provide feedback to the Head Teacher or their appointed nominee.

4.2 Governors to monitor provision of school meals

4.3 School Council to review school meals menu choices offered, on a termly basis, providing comments to the Head Teacher or their appointed nominee

4.4 Head Teacher or their appointed nominee to monitor snacktime

.5 Class teachers to monitor the consumption of school milk and water within school

5 Process for reviewing this Policy

To be reviewed by the Governing Body once each year

6 Consultation in developing this Policy

The following groups were consulted in developing this Policy (May 2007)

- Parents and Carers
- Pupils (via School Council)
- Staff
- Governors

7 Generally

Date adopted: May 2010

Accessibility rights/where it can be found: a copy is available from School, on request