



Melcombe Primary School Food Policy

Reviewed by: Carol Campbell

Date adopted: 6th December 2017

Signed D. Charman:

Date 6/12/17

Dennis Charman
Chair of the Governing Board

Date for Review: 6th December 2019

Introduction

Melcombe has been awarded Healthy School Status and we are committed to giving all our pupils consistent messages about all aspects of a healthy life style, to help them understand the impact it can have on their capacity to learn and to remain fit and well.

We consider that it is important to ensure that we promote health awareness in all elements of our work and to all partners in our school community.

We want to develop in the children their ability to make sensible choices when selecting food to eat and we wish to develop and extend their understanding of the importance of maintaining a well-balanced diet.

The school supports the '5-A-DAY' campaign to encourage children to eat five 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.

Aims of the policy

- To promote healthy eating habits with all members of our school community.
- To ensure that we are giving consistent messages about food and health.
- To contribute to the healthy physical development of all members of our school community.
- To encourage all children to take part in the '5-A-DAY' campaign.

Promoting healthy eating

Breakfast Club: This is open daily from 0800 to enable children to have a healthy start to their day.

Family Breakfast: Open twice weekly.

Melcombe Tuck Shop: This is open on a daily basis at break times in the morning and we provide toast, crumpets and cereal bars.

Other snacks at break times: All our under-5s are entitled to free milk, which is organised by the nursery teacher. In addition, nursery children get a break time snack of cut and washed fruit, which is shared in a family setting for all class members.

As part of the Government initiative, all Reception and Key Stage 1 children receive free fruit or vegetables at their morning break. Key Stage 2 children are encouraged to bring fruit, which they eat at playtime, if they don't want to purchase anything from the school shop.

School lunches and packed lunches: We are a nut-free school. All Key Stage One children are entitled to free school meals. These are provided by a contracted caterer, which has a healthy food policy as part of their tender. The children have the choice of a range of fresh fruit and vegetables each day. They provide two hot options, one of which is vegetarian, both of which pay regard to nutritional balance and healthy options. There is also a salad bar every day, which again has a wide selection for the children to choose from. Parents, on a half-termly basis, may order their child's school meals. If your child wishes to change over from either packed or school lunches, this must be done before the following half term break.

Midday supervisors encourage the children to make a selection from the salad bar or the variety of vegetables on offer each day.

Some children bring packed lunch to school. We regularly include newsletter items about the contents of these and we do not allow sweets, chocolate bars, biscuits, fizzy drinks or flavoured waters. The midday supervisors, to ensure they are appropriate, monitor packed lunches. Where there are concerns these are addressed by either the class teacher or Head with parents.

Water: Children are actively encouraged to bring a bottle of water in everyday to school and children may drink their water at any time except assemblies. Regular water and brain breaks are built into the school day by class teachers to ensure children do not become dehydrated; especially during the warmer months.

In addition children can access water at break times from the water fountains and water is available for children to drink with their lunch.

Food for celebrations: Parents bringing in food for class parties need to ensure that they observe our school guidelines. Examples of healthy food for children can be found on <https://www.bbcgoodfood.com/recipes/collection/healthy-kids> and www.bbc.co.uk/food/collections/childrens_tea_party_ideas

Food across the curriculum

In Early Years, KS 1 and KS 2, there are a number of 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, e.g. writing posters/adverts to promote healthy eating.

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.

There are opportunities as part of PSHE and Spiritual, Moral, Social and Cultural learning, to explore the foods of the many cultures represented and as part of school events, such as Summer and Winter community celebrations, parents and children are encouraged to bring in foods which reflect their cultural background.

ICT can afford pupils the opportunity to research food issues using the internet.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

Geography and PSHE 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 that rely on growing food as their source of income.

History provides insight into changes in diet and food 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.

In 'Fitness Week' which is held on an annual basis, there is a huge focus on promoting healthy lifestyles and we use a range of outside agencies to help us do this.

School visits, e.g. to activity centres and on the School Journey, provide pupils with activities to enhance their physical development.

Out-of-hours learning includes gardening clubs. The school currently grows its own vegetables and herbs, which are sometimes used in recipes.

Partnership with children and families

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. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on our water and packed lunch policies through school and 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, if they have a packed lunch.

The school nurse is pro-active in giving parents advice on how to provide healthy meals on a limited budget and monitors carefully children with weight issues.

Role of the governors

Governors will monitor and check that the school policy is upheld.

Monitoring and review

The LEA is responsible for ensuring the quality of the food offered, as part of the contract with the caterer. The Head has regular meetings with the caterers to give them feedback on the quality and range of food available.

School Lunches form a regular item at School Council Meetings and the children's comments and suggestions about school lunches are fed back to the school cook and caterers. It is important that the menus provided are popular with most children, while being healthy.

This policy is reviewed regularly to take account of new developments.