

## Hadnall CE Primary School

### Food Policy

#### Introduction

Hadnall CE Primary School recognises the important connection between a healthy diet and a child's ability to learn effectively and achieve a high standard in school. As part of the ECM agenda and 'Healthy Schools', we strive to support our pupils to have the knowledge and understanding about food and diet to enable them to lead healthy lives, both whilst in school and as part of life long learning. The school also recognises the role a school can play, as part of the larger community, to promote family health, and sustainable food and farming practices. We shall accomplish this through food education and developing skills such as cooking and growing food.

The school recognises that sharing food is a fundamental experience for all people; a primary way to nurture and culture our cultural diversity; and an excellent bridge for building friendships and inter-cultural bonds.

#### Our Aims

1. to improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
2. to increase pupils' knowledge of food production and its impact on both health and the environment
3. to ensure pupils are well-nourished at school, and that every pupil has access to safe, tasty and nutritious food, and to a safe, easily available water supply during the school day.
4. to ensure that food provision on the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
5. to make the provision and consumption of food an enjoyable and safe experience

#### Objectives

1. to work towards ensuring that this policy is both accepted and embraced by the governors, all staff in school, pupils and parents, school catering staff and the school's wider community.
2. to integrate these aims into all aspects of school life, in particular:
  - Food provision within the school
  - The curriculum
  - Pastoral and social activities

#### How will we put this policy into practice?

1. Establish an effective structure to oversee the development, implementation and monitoring of this policy, and encourage a participatory approach to meeting the objectives.
2. Identify a key person/s in school who will take a lead responsibility to make the policy work. This person is Lynne Potts and the link governor for this policy is **Helen Speake**
3. Take a whole school approach and involve all members of the school community in promoting healthy foods and lifestyle issues.
4. Report to governors and parents information about 'Food and Healthy Lifestyle' events and progress in school. Invite parents into school to sample school dinners, report on the numbers of pupils that take school meals and ask pupils' opinion of food served in school.

5. Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food through both education and example.

6. Through other curriculum areas, promote healthy foods e.g:

- **Art:** observation drawing of food, healthy eating poster design
- **PSHE:** menu planning, nutrition
- **DandT:** cooking, designing meals
- **English:** food diaries, following instructions
- **Geography:** what food grows where; food miles; transporting food; waste linked to sustainability
- **History:** past diets; food discoveries; farming in the past
- **ICT:** recording results of a food survey; website review
- **Maths:** weights and measures
- **PE:** links between healthy eating and exercise
- **Science:** effects of heat on food; plant growth; nutrition; balanced diet
- **Relationships with local food businesses:** farms, shops and restaurants (encourage food professionals such as chefs to come into the classroom and arrange for pupils to visit their premises)
- **Tasting sessions:** integrate a range of eating experiences into classroom work e.g. tasting fresh, dried, juiced, frozen and canned fruits and vegetables
- **Cooking:** cooking demonstrations of healthy eating; after school clubs; growing food and cooking it in school
- **Drama:** activities which reflect healthy eating projects or learning
- **School Garden:** give pupils the opportunity to plant, harvest, prepare, cook and eat the food they grow
- **Eating experiences integrated into the curriculum for all subjects**

7. Create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food.

8. Access to water – the school promotes the drinking of water during lessons. It is freely available to all pupils from a chilled water dispensing unit and from a water fountain.

9. Ensure that families entitled to Free School Meals get their entitlement.

10. Pupils are reminded to wash their hands every time they go to the toilet and before they eat food.

11. Require adults who assist with food preparation activities in the school, including classroom activities, to possess a Basic Food Hygiene Certificate or the equivalent.

12. Classroom food handling and preparation staff teach safety of handling food and equipment involved in food preparation e.g. graters and knives

13. to involve the School Council in making food relating discussions which promote healthy choices of snacks e.g. Fruity Friday

14. to involve our school in local initiatives which involve healthy eating, or inform pupils about food production or local farming.

This policy has been considered by staff, the School Council and governors. Parents have been given the opportunity to comment on our school policy.

Written: May 08

Review date: March 11

Signed: Neil Duxbury            Chair of Governors

**Appendix:**

In 2011, Hadnall CE Primary became a Silver member of the Food for Life partnership. We are now involved in working toward our Gold award.

Link Governor for Food is: Helen Speake

Policy reviewed by Curriculum Committee on 1.3.12

Signed: Neil Duxbury            Chair of Governors

Review date: March 2014