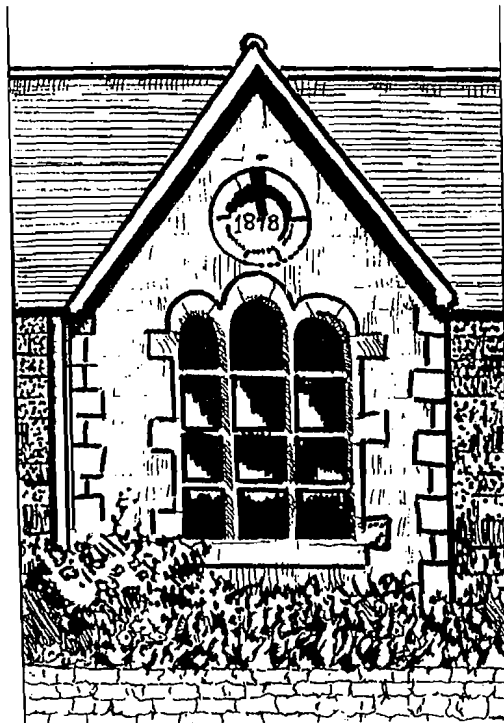


LEEDSTOWN SCHOOL

WHOLE SCHOOL FOOD POLICY



Date undertaken

Date to be revised

Policy to be kept in School Office.
Accessible to all Staff/Parents/Carers/Governors.

Healthy Schools

The School is embarking on a programme of activities designed to improve the health, fitness and emotional well-being of all pupils and staff.

What is a Healthy School?

"A healthy school is one that is successful in helping pupils to do their best and build on their achievements.

It is committed to ongoing improvement and development.

It promotes physical and emotional health by providing accessible and relevant information and equipping pupils with the skills and attitudes to make informed decisions about their health.

A healthy school understands the importance of investing in health to assist in the process of raising levels of pupil achievement and improving standards.

It also recognises the need to provide a physical and social environment that is conducive to learning."

National Healthy School Standard (DfEE 1999)

Background

This policy has been formulated following wide consultation with pupils, parents and staff and its development will continue to be by consultation.

The policy and future amendments will be communicated clearly and consistently to pupils, parents and staff.

It will continue to be developed as the School works towards its aim of maintaining Healthy Schools Status by the end of 2006.

Aims and Objectives

- ✓ The School aims to ensure that pupils and staff are well nourished at school and that every pupil has access to safe, tasty and nutritious food.
- ✓ The School aims to ensure that all pupils and staff have access to an easily available water supply during the school day.
- ✓ All school staff are to be encouraged to create and promote an environment which supports a healthy lifestyle through curriculum topics and acting as role models.
- ✓ The School is committed to providing a welcoming eating environment which encourages positive social and cultural interaction of pupils and teachers.
- ✓ The School aims to ensure that it involves pupils and parents in guiding food policy and practice within the school and will take action on feedback provided.
- ✓ The School is committed to providing training for staff which includes diet, food safety, first aid and hygiene.

- ✓ The School aims to actively encourage parents to provide healthy items to be included in lunchboxes.

Guidelines

Food in the Curriculum:

Food, by its very nature, lends itself to many learning opportunities. The school curriculum can be used to enrich pupil's experience of food and healthy eating.

Curriculum content with all children will focus on:

- ✓ Food groups leading to good health/growth.
- ✓ The development of healthy bodies and teeth.
- ✓ Food from different cultures/beliefs.
- ✓ Use of related QCA schemes of work throughout the school.
- ✓ Producing attractive art/design displays promoting healthy lifestyles.
- ✓ Internet research and learning materials to be accessed by pupils.

Food Beyond the Curriculum

- ✓ A Gardening/Growing Club will be introduced making good use of a designated area on the school field and funded by a grant from the Royal Horticultural Society.
- ✓ Children will be introduced to growing and tending fruits, vegetables and herbs which can be used in a newly developed "Healthy Meals" Club.
- ✓ A Healthy Meals Club will be introduced with children having the opportunity to plan healthy menus, learn basic hygiene and prepare and taste a variety of meals with emphasis on healthy ingredients.

Snacks

Reception/Y1N 2 pupils receive free fruit or veg every day from the government Fruit and Vegetable Scheme. The Junior children are asked to pay a contribution of 20p per day. Fruit, vegetables and healthy snacks such as dried fruit, breadsticks etc, are provided by the school (sourced locally where possible). No other snacks, such as sweets, chewing gum, crisps or fizzy drinks are permitted at break-times.

Food containing nuts are not permitted due to possible allergies.

Water/Brain Gvm Breaks/Wake n' Shake

Plentiful drinking of water is to be actively encouraged and modelled by all staff. All pupils are to be provided with a personal, named plastic water bottle on their desks. It is intended that these be regularly sterilised by support staff to maintain a high level of cleanliness.

Regular "brain breaks" are to be encouraged throughout the school day to provide "fun and focus".

Wake n' Shake dance activities/routines will be taught to pupils on a regular basis, encouraging fitness and stamina.

School Lunches/Packed Lunches

Catering for school lunches is provided off-site, advanced menu information is provided by the caterers. On a daily basis children are offered carbohydrate, protein and vegetables on their plate. Every effort is made to ensure that pupils make appropriate choices.

Through circle time, curriculum topics, after-school clubs and assembly's children are to be encouraged to eat a healthy packed lunch with positive feedback and reward stickers to promote a healthy diet.

The School will provide guidance to parents based on the Food in Schools recommendations. This guidance should be provided by April 2006.

Food 'swapping' or sharing is not permitted and food not consumed will be sent home.

'The Dining Environment

The School is aiming to provide a welcoming eating environment which encourages positive social interaction. The children will sit in mixed-aged social groups and older children will be encouraged to help younger children (i.e. opening packets, carrying trays, etc.) The School will aim to reward children who display calm, respectful and polite behaviour and manners during lunchtimes. These may include tablecloths, flowers, glasses instead of plastic cups and healthy desserts.

Staff Training

The School will be committed to audit existing qualifications and provide basic training for staff on basic hygiene and first aid skills by July 2006.

Pupil/Parent/Carer Involvement

As a school, we value the opinions and suggestions of pupils and parents. Information concerning activities and events will be forwarded to parents through our weekly newsletters. All pupils will have access to our "Suggestions Box" and each year group is represented by 2 pupils on the school

council which meets regularly to discuss important issues which may arise.

Monitoring and Evaluation

Evaluation and monitoring in implementing the policy will be made by the Head Teacher, the Governor appointed for food and the Healthy Schools Co-ordinator on a termly basis.

Availability of Policy

- ✓ School website.
- ✓ Staff meetings.
- ✓ Copy kept in school office (parents advised of availability).

Date adopted by Governors

Head Teacher

Chair of Governors