



Whole School Food Policy

Amington Heath Primary School and Nursery

Updated 2014

Date to be revised 2015

The policy has been drawn up in consultation with all teaching staff, other school staff, parents, children and young people, governors, members of the wider school community and other agencies. It will continue to be developed as the school develops towards its aim of achieving Healthy Schools Status by the end of 2014.

Policy for Food in School

Healthy Schools

The school is embarking on a programme of activities designed to improve the health, fitness and emotional wellbeing 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 achievements 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)

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.

- A gardening/growing club will be continued making good use of the designated area.
- Children will be introduced to growing and tending fruits, vegetables and herbs.

Snacks

Reception/ Y1 and Y2 pupils receive free fruit or vegetables from the government Fruit and Vegetable scheme. Also available for a small cost all children are a variety of hot snacks that includes toast, crumpets, tea cakes and pancakes along with milk and fruit juice. Snacks high in sugar and fizzy drinks are not allowed.

Food throughout the School Day

The school community has agreed to promote a balanced diet, in line with "The Eat Well Plate", through the following approach to food throughout the school day.

School lunches and packed lunches

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

The Dining Environment

The school is able to provide a welcoming eating environment which encourages positive social interaction. The children sit in mixed ability social groups within their key stage. Older children are encouraged to help younger children (i.e. opening packets, carrying trays etc.). The school rewards children who display calm, respectful and polite behavior and manners during lunchtimes with a place on the golden table on a Friday lunchtime.

Staff Training

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

Pupil/Parent/Care 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. School council class representatives meet regularly to discuss important issues that arise.

Specific Issues

Support will be given for special nutritional needs and eating disorders.

Monitoring and Evaluating

Evaluation and monitoring in implementing the policy will be made by the head teacher, the governor appointed for food, and the healthy schools coordinator.

Links to other Policies

Policies which support the food policy include the PSHCEe policy, the Design and Technology policy, PE and the Science policy.

Date adopted by the governors

Head Teacher

Chair of governors