



Finchale Primary School Food Policy

Introduction

This policy has been developed to help keep our children healthy and takes into account all Government advice for schools on healthy eating.

Aims and Objectives

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to Finchale Primary School.

Rationale

Finchale Primary School recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school. It also appreciates the role that school can play, as part of the larger community, to promote family health and sustainable food. The school understands that sharing food is a fundamental experience for all people, a way to nurture and celebrate our cultural diversity and an excellent bridge for building friendships and inter-generational bonds.

Objectives

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 healthy eating.
2. To provide an opportunity for pupils to plan recipes, budget, prepare and cook food.
3. To increase pupils' knowledge of food production, manufacturing, distribution, marketing and their impact on both health and the environment.
4. To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available, water supply during the school day.
5. To ensure that food provision in school reflects the ethical, cultural and medical requirements of pupils and staff e.g. religious, ethnic, vegetarian, medical and allergic needs.
6. To make the provision and consumption of food an enjoyable and safe experience in a pleasurable environment.
7. To introduce and promote practices within school to reinforce these aims and to remove or discourage practices that do not support them.
8. To help monitor menus and food choices to inform policy development and provision.
9. To involve all stakeholders in the policy development and practicalities of Food in school using representative bodies, pupils in SNAG (School Nutrition Action Group), parents and carers through the PTA group Friends of Finchale and Governors through full body and committee meetings.

Guidelines

Snack - We take part in the Government initiative to provide all KS1 children with daily free fruit and vegetables. KS2 children bringing a snack to eat after swimming are encouraged to make sure this is a healthy one.

School Lunches - All our school meals are provided by a contracted caterer who has a healthy food policy as part of their tender. They include fresh fruit and vegetables every day, pay regard to nutritional balance and offer daily healthy options.

Packed Lunches - Some children bring a packed lunch to school. We regularly remind them about the contents of these and do not allow nuts (we have children with allergies, some of which are serious), sweets, chocolate bars or fizzy drinks. Our School Nutrition Action Group (representing each class in school) developed our guidelines based on sensible personal choices not regulation.

Water for All - Cooled water is freely available to all throughout the school day to all members of the school community from water coolers. All children entering school in Reception Class are provided with a re-usable water bottle and cups are provided in every classroom. Children are reminded to drink water during the day and after exercise. Fizzy drinks, flavoured waters or juices are not allowed. Diluted drinks can be brought with packed lunches to drink at lunch time only.

Packed Lunch – Please live within the spirit of this policy, be safe and healthy do not include:

- * Nuts or any product containing nuts
- * Fizzy/sugary drinks
- * Chocolate bars/sweets/confectionery
- * Fruit bars/ Cereal bars (with hidden nuts & sugar)
- * Chocolate spread sandwich filling
- * Chewing gum

Try to achieve a healthy balance e.g. one chocolate biscuit or a small cake is OK, but a bar of chocolate, bag of Haribos or a lollipop is not. One small packet of crisps is fine but have some fresh fruit and veg as well. Make your own sensible decisions for good health!
Children on the SNAG Team

Food across the Curriculum

There are a number of opportunities for all pupils to develop knowledge and understanding of health. This includes healthy eating patterns and practical skills like shopping, preparing and cooking food. All pupils have a chance to develop an understanding of where food comes from.

Literacy provides pupils with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus.

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. How the body responds to exercise is also a learning opportunity.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Pupils experience different foods associated with religious festivals and cultural celebrations.

ICT can afford pupils the opportunity to research food issues using the internet. Pupils design packaging and advertising to promote healthy food choices.

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. Cooking for Fun, in association with Taylor Shaw (our school meals provider), gives our children the opportunity to plan and cook a variety of healthy meals.

PSHCE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are also able to discuss issues they find relevant like sustainable development and advertising.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

Geography 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 who rely on growing food as their source of income.

History provides insight into changes in diet and food over time and the health implications this has had.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activities such as dance and walking.

School visits provide pupils with activities to enhance their physical development. KS 2 have an annual visit to High Borrans outdoor activity centre and all pupils attend sporting events as part of our subscription to Durham's School Sport Partnership.

Out- of- hours learning includes cookery and gardening from time to time. Sports Clubs and Craig's Coaching are all linked to healthy lifestyle.

Partnership with Parents and Carers

The partnership between home and school is critical in shaping how pupils behave, particularly where health is concerned. Each must reinforce the other.

Parents and carers receive information about our water and packed lunch arrangements through meetings, brochures, newsletters and our website.

Role of Governors

Governors monitor and check the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and Review

The Head Teacher and Deputy Head Teacher are responsible for the curriculum development of this food policy and are also responsible for supporting colleagues in the delivery of the food policy. The LA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

This policy will be reviewed annually to take account of new developments.

Date:

January 2025

Review

Date: Summer 2025

Person/People Responsible for Monitoring:

Miss Ward, Mrs Sleeman, Curriculum & Standards Committee

Message from the Governors – Please remember fresh (unprocessed) food is best!

