



Northgate Primary School

Whole School Food Policy

Aim

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

Objectives

- To ensure that we give consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- 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

Snacks

Children in FS and KS1 are offered fruit each day from the free fruit scheme. KS2 children are encouraged to bring in their own fruit or healthy snacks. As a school we do not allow sweets, chocolate, crisps or products that include nuts.

School Lunches and Packed Lunches

All our school meals are provided by Herts Catering who have a healthy food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide two hot options both of which pay regard to nutritional balance and healthy options. Menus are sent home to parents so that they can discuss with their children what they are going to choose to eat.

Many children bring a packed lunch to school. We do expect parents to support our 'healthy school' ethos and adhere to the same guidelines that we have in place for snacks i.e. no sweets, chocolate, crisps or products that include nuts.

Water for All

All children are encouraged to bring water bottles to school daily. Water is freely available throughout the school day to all members of the school community. Children have access to drinking water throughout the day.

Food Across the Curriculum

In FS, KS1 and KS2, 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 stimulus, e.g. writing to a company to persuade them to use non GM foods in children's food and drink etc.

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.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts 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.

PSHE 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.

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 that rely on growing food as their source of income.

History provides insight into changes in diet and food over time.

PE 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.

School visits provide pupils with activities to enhance their physical development eg to activity centres.

Partnerships with Parents and Carers

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.

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 time when children may drink juice or squash.

During out of school events e.g. school discos etc, the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered to the children.

Role of the Governors

Governors monitor and check that 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 SMT and PSHE Manager are responsible for supporting colleagues in the delivery of the food policy. Herts catering are responsible for ensuring the quality of the food offered as part of the contract with the caterer.