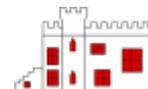


**School Policy**

## **Whole School Food Policy**

**July 2016, Issue 3**

Document Number: AP-33



## Document Approval

This document was reviewed and approved by the Governing Body as appropriate and effective.

Signed:

*If this is one of the 2 official copies the Approver shall write "Copy 1" or "Copy 2" and initial here:*

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Position: \_\_\_\_\_

## Document Review

The Governing Body will review this policy to ensure that it is appropriate and effective whenever necessary, and not less than once every four years.

## Document Control

There is one controlled paper copies of this document in the Policies File in the Junior Building. They are marked and initialled above. An electronic version is also available on our website in the policies area.

The master electronic copy is held the Policies Folder on the School file server Staff Share.

**All other copies (electronic and paper) are uncontrolled.**

## Document History

Filename: AP-33 Whole School Food Policy 3.doc				
Issue	Description of Change	Author	Checked	Date
A	Initial	SB/JRE		
1.0	Reviewed and approved by the Policy Group	JRE	SB	9-07-07
2	Reviewed and approved by the Policy Group	JB		1.2.12
3	Amended by J Briggs and approved by FGB	JB	FGB	5.7.16

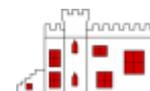
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## 1 Introduction

- 1.1 In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make.
- 1.2 This policy should be read alongside the school's PSHE and citizenship, drug, and sex and relationship policies.
- 1.3 The school supports the '5-A-DAY' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.
- 1.4 This policy has been developed by consultation between staff, governors, parents and carers and the school council.

## 2 Rationale

- 2.1 North and South Cowton Community Primary School is a healthy school.
- 2.2 We believe it is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy-eating patterns.
- 2.3 Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

## 3 Aims and Objectives

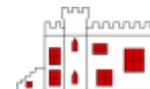
- 3.1 The aims and objectives of this policy are:
  - i. To ensure that we are giving consistent messages about food and health
  - ii. To give our pupils the information they need to make healthy choices
  - iii. To promote health awareness
  - iv. To contribute to the healthy physical development of all members of our school community
  - v. To encourage all children to take part in the '5-A-DAY' campaign

## 4 Breakfast Club

- 4.1 The breakfast club operates on a daily basis.
- 4.2 The food offered is healthy and is consistent with a healthy diet. We use the breakfast club as an opportunity to encourage children to think about healthy eating, the importance of starting the day with a healthy breakfast and the consequences of not doing so.

## 5 Snack

- 5.1 All our under-5s are entitled to free milk at morning break, which is organised by the infant teacher.
- 5.2 Through Cool-milk (<http://www.coolmilk.com/>) parents of older children can elect to pay for their children to receive milk at morning break.
- 5.3 In the infants all children are provided with a morning break snack of fresh, washed fruit.
- 5.4 In the juniors children may bring fruit which they eat at morning playtime.
- 5.5 No other snacks are allowed.

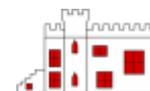


## 6 School Lunches and Packed Lunches

- 6.1 All our school meals are prepared and cooked on-site, via the North Yorkshire County Council School Caterer, who has a healthy-food policy.
- 6.2 We encourage all our children to stay at school for lunch. We have found that this is best achieved by providing flexibility and choice to parents and children. Our approach is as follows:
- i. Each week the menu for the following week is published in the school newsletter – it includes a hot and cold option for each day, that meets government and council guidelines for nutrition.
  - ii. Parents and children are free to select either hot or cold for each day – informing the school on Monday morning of their selection for the week.
  - iii. Alternatively, children can select to bring packed lunches for the week.
- 6.3 Through our partnership with the North Yorkshire County Council School Caterer and our school cook, we arrange tasting afternoons, where parents and carers are encouraged to come into school and sample a variety of the healthy food options available to their children.
- 6.4 We have extended our school dinners service to the village pre-school, providing the opportunity for the pre-school children to have a hot, healthy dinner. Many of these pre-school children come to our school, so this also provides them a great opportunity to get to know the school and establish good eating habits early.
- 6.5 Some children bring packed lunch to school. We periodically include newsletter items about the contents of these and we do not allow sweets, crisps, chocolate bars, chocolate covered biscuits or fizzy drinks. We work with parents to maintain these standards, by explaining the reasons for them.
- 6.6 **New Standards:**
- That starchy food cooked in fat or oil must not be provided on more than two days each week. The old standards specified no more than three times a week.
  - To promote variety the new standards want three or more different starchy foods provided weekly, including at least one wholegrain variety.
  - The theme of variety is also seen in fruit and vegetables, with caterers needing now to ensure at least three different vegetables and three different fruits are provided each week.
  - When it comes to protein, the revised standards are more specific about the provision of meat, fish, eggs, beans and other non-dairy sources. The revisions here are designed to ensure adequate levels of protein, iron and zinc and increase the variety of foods on offer.
  - The same thinking is behind the new requirement for a portion of dairy food to be included every day and that lower fat milk and lactose reduced milk are made available.

## 7 Water for All

- 7.1 Cooled water is freely available throughout the school day to all members of the school community.
- 7.2 Water bottles are provided for use during sport and PE. Infant children are encouraged to bring a water bottle to school for their personal use.
- 7.3 Children may drink their water at any time except during the daily assembly.
- 7.4 Infant children are reminded to drink water at their snack time.
- 7.5 Water is available on the tables at lunchtime.
- 7.6 All children are encouraged to bring bottled water with them on school trips and visits.



## **8 Healthy Eating Across The Curriculum**

- 8.1 The formal curriculum develops pupil's knowledge of healthy eating through Design and Technology and cross-curricular links.
- 8.2 The profile of healthy eating is raised through focus on science and DT topics, healthy food activities and workshops during Science Week.
- 8.3 In Key Stage 1 and 2 children learn the importance of healthy living in Science, DT and PSHE. Topics include: Ourselves, Health and Growth, Keeping Healthy and eat more Fruit and Vegetables. The message of healthy living is threaded through the New Primary Curriculum and especially through Design and Technology. PSHE and citizenship 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 able to discuss issues of interest to young people, e.g. advertising and sustainable development.
- 8.4 In the EYFS vegetables are grown seasonally and the produce is used to make healthy foods such as salads and soups. function of different nutrients in contributing to health, and how the body responds to exercise. History provides insight into changes in diet and food over time.
- 8.5 Physical Education 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.

## **9 Provision for Staff**

- 9.1 We Staff are encouraged to eat healthily themselves.
- 9.2 Many staff members choose to have a school dinner and eat with the children.
- 9.3 Staff have discussions about healthy eating and food policy. This ensures that everyone is part of the process and that opinions of staff, pupils and parents are valued.
- 9.4 During parents evening staff are offered healthy food options, including fruit and juice.
- 9.5 Staff involved in food preparation for breakfast and extended school has a food hygiene certificate.
- 9.6 Milk is provided for staff on a daily basis in both Key Stages.

## **10 Partnership with Parents and Carers**

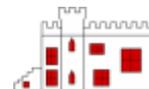
- 10.1 The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.
- 10.2 Parents and carers are regularly updated on our water and packed-lunch policies through school newsletter. 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 when children may bring cartons of juice in their packed lunch boxes.

## **11 Tuck Shop and Vending Machines**

- 11.1 We do not use vending machines in our school.
- 11.2 Currently we do not run a tuck shop but if we decide to do so in the future, the food policy will be applied to all items sold.

## **12 Monitoring and Review**

- 12.1 The head teacher is responsible for ensuring that the food served at breakfast club is in accordance with this policy.
- 12.2 The head teacher is responsible for the curriculum development of the food policy.



- 12.3 The headteacher is responsible for supporting colleagues in the delivery of the food policy.
- 12.4 North Yorkshire County Council is responsible for ensuring the quality of the food offered as part of the contract with the caterer.