



Whetley Academy

Food Policy

Introduction

At Whetley Academy 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.

The school encourages children to eat at least 5 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.

Rationale

Whetley is working hard to be a healthy school. 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.

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.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils and families 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

Snack

All our under 5s are entitled to free milk which is provided in school. We also offer all KS1 & 2 pupils milk on a daily basis through the 'Cool Milk' scheme for which there is a small charge. All FS and KS1 classes have a morning break-time snack of fruit and vegetables offered under the government initiative to provide all infants with free fruit and vegetables during the day. FS, KS1 and KS2 pupils can purchase fresh fruit, dried fruit/cereal bars and water at the school Tuck Shop every day for a small cost. They may also bring their own healthy snack of fruit/vegetables/bread/cheese. Crisps, sweets, chocolate, biscuits and cakes are not allowed in school for snack.

School lunches and packed lunches

All our school meals are provided by an external caterer who operates a healthy food policy. This includes the use of fresh fruit and vegetables each day as a choice for the children. They provide at least two main and dessert meal options, both of which pay regard to nutritional balance and healthy options.

Many children bring packed lunch to school. We do not allow sweets, chocolate or fizzy drinks as part of a packed lunch. The school sends information home about eating a sensible, balanced diet as appropriate.

Water for all

Only water and milk is allowed in school for the children to drink at snack time and lunchtime. Fizzy, fresh and diluted juice is not allowed. Fresh water is freely available throughout the school day to all members of the school community. Children do not drink water from sinks located inside toilet blocks. Children are encouraged to bring their own water from home in a water bottle. Many children purchase water from the Tuck shop. Children may drink their water at any reasonable time during the school 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, debate and narrative work using food and food related issues as a stimulus, eg 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.

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.

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 able to discuss issues of interest to young people, eg advertising and sustainable development.

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.

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

Partnership 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. Key members of staff will approach parents positively if they have concerns about a child's health and eating habits.

Role of the EAB

The EAB 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 Principal is responsible for supporting colleagues in the delivery of the Food Policy. Our lunchtime caterers are responsible for ensuring the quality of the food offered.

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

Autumn 2016

Review Date: Autumn 2017