

Woodmancote School

Food Policy

Designated Member of Staff: Beccy Dodwell

At Woodmancote School we recognise the importance of food; eating the correct food is fundamental to being healthy and happy. We also believe that there is a link between healthy diet and effective learning. We see the importance of learning about food, to enhance social development and our appreciation of cultural diversity. We hold National healthy schools status and recognise that 'Being Healthy' is one of the five outcomes of 'Every Child Matters'.

Aims

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 through:

- Education and increased knowledge about what a healthy diet is and how to prepare food safely.
- Ensuring children are eating a balanced diet where possible whilst in our care.
- Increasing children's knowledge of where food comes from.
- Ensuring food in school provides for the medical and ethical needs of its consumers e.g. catering for religious groups, allergies vegetarians etc.
- Meeting the Nationally agreed standard for Healthy Eating.
- Providing a pleasant, calm, social environment for children to eat their lunch.

Curriculum

Within the PSHE curriculum healthy eating, food safety and an understanding of where our food comes from will be taught as part of Healthy lifestyles unit in the Cambridge Scheme. Aspects of healthy diet are also taught through the life education mobile classroom visit biannually in term 5. There are also links to other curriculum areas

- Art- Observational drawing of fruit, healthy eating posters.
- DT- Food preparation and cooking. Waitrose visits cover aspects of KS2 DT curriculum, which involve cooking. Bread Y5, Sandwich fillings Y4. We will include Y6 biscuits from Sept 07. Two new units of work have been developed, Y2 soups and Y3 salads to ensure each year group has a food-based project.
- Literacy- Instruction and recipes.
- Numeracy- Weights and measures.
- P.E.- Healthy eating and exercise.
- Science- Healthy lifestyles, effects of heat on food, bacteria, how plants grow.
- R.E.- Cultural diversity.
- Geography- Where food comes from.
- History- How people used to eat e.g. Tudor explorers, Scurvy.

School Lunches

We work with our school meal provider to ensure our school lunches are as healthy as possible. Children may bring packed lunches to school and although we accept that parents choose what they provide for their children, we continue to emphasise the importance of a healthy lunch through education.

Packed lunches and school dinners are eaten together in the hall, in a calm environment. Lunchtime supervisors promote good table manners, encourage the use of knives and forks and polite behaviour.

Sittings for the hall are as follows.

Foundation Stage and KS1 ~ 12.15 KS2 ~ 12.45

School lunches are provided for children entitled to free school meals. These are served along side the paid for meals with no distinction made. Lunchtime supervisors encourage children to eat their lunch and report failure to do so to class teachers.

Drinks

All children have access to water in their classrooms through water bottles provided by their parents. Children are free to re-fill their bottles from taps in school. Milk is provided through the Cool Milk scheme enabling parents to purchase milk at a subsidised rate. Under fives and any child entitled to free school meals will receive free school milk. Milk is stored in the fridge in the Milk Room. KS1 Milk Monitors collect milk for their classes. KS2 children drink their milk in the milk room before going outside for morning play.

Snacks

Children in KS1 are provided with fruit from the Government Fruit scheme for morning break time. Children in KS2 are encouraged to bring in a fruit or vegetable snack (no other snacks are allowed at this time). Packets are not allowed to avoid litter. Fruit snacks such as raisins need to be in a labelled plastic container. Staff only eat fruit or vegetable snacks in view of the children.

Other Food Issues

We do not use food as a motivational or reward tool. If parents bring in cakes/treats to celebrate children's birthdays, they are handed out at the end of the day so parents can supervise their consumption. FOWSA events take account of our schools healthy eating message. At school events outside of school time Parents supervise their children's consumption of unhealthy items.

Health and Safety

It is part of our school procedure to remind children to wash their hands after visiting the toilet and before eating. Packed lunches are stored in classrooms/corridors and parents are encouraged to use insulated lunch boxes. All staff involved in preparation of food will be aware of food safety and hygiene issues and inform any parent helpers of these. Anna Sharples holds a food hygiene certificate.

Home School Liaison

We recognise the need to work closely with parents and inform them of what we are teaching their children. We keep them informed of any projects linked to food taking place e.g. French Breakfast, Health 4 schools growing programme, bread making etc. We encourage them to make healthy food choices for their children.

Monitoring And Evaluation

We will continue to monitor and annually review this policy in light of new developments. We will create opportunities for discussion with pupils, staff, parents and governors on this topic.

October 2012

Signed..... Chair of Teaching and Learning

Review: Oct 2015