

# **St. Mary's CE (A) Primary School**



## **Food Policy**

**Policy written: March 2014 by Jane Hughes**

**Policy reviewed and approved by Premises, Health, Safety & Wellbeing and Safeguarding Committee - Autumn Term 2014**

**Policy adopted by the Full Governing Body on 6<sup>th</sup> December 2014**

**Next review due: Spring Term 2016**

### **Introduction**

St Mary's C.E(A) Primary School recognizes the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. As part of the Healthy Schools agenda we strive to support our pupils to have the knowledge and understanding about food and diet to enable them to lead healthy lives both whilst in our school and as part of life long learning. The school also recognizes the role a school can play, as part of the larger community, to promote family health, and sustainable food and farming practices. We shall accomplish this through food education and developing skills such as cooking and growing food.

The School recognizes that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our culture diversity; and an excellent bridge for building friendships, and inter-generational bonds.

### **Our Aims**

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 a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
2. To increase pupils' knowledge of food production and their impact on both health and the environment.
3. 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.
4. To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
5. To make the provision and consumption of food an enjoyable and safe experience.

### **Objectives**

1. To work towards ensuring that this policy is both accepted and embraced by the Governors, all staff in school, pupils and parents, school catering staff and the schools wider community.
2. To integrate these aims into all aspects of school life, in particular:-
  - Food provision within the School

- The Curriculum
- Pastoral and social activities

### **How will we put this policy into practice?**

1. Establish an effective structure to oversee the development, implementation and monitoring of this policy, and encourage a participatory approach to meeting the objectives.
2. Identify a key person in school who will take a lead responsibility to make the policy work. This person is **Jane Hughes** and the link governor for this policy is **Emma Furnival**.
3. Take a whole school approach and involve all members of the school community in promoting Healthy Foods and lifestyle issues.
4. Report to governors and parents information about "Food and Healthy Lifestyle" events and progress in school. Invite parents into school to sample school dinners, report on the numbers of pupils that take school meals and ask pupils opinions of food served in school.
5. Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food, through both education and example.
6. Through other curriculum areas promote healthy foods. For example:-
  - **Art** – observation drawing of food, healthy eating poster design
  - **Personal Social and Health Education** – menu planning, nutrition
  - **Design and Technology** – cooking, designing meals and food products
  - **English** – food topics e.g chocolate, following instructions e.g making a sandwich, literacy links to harvest and poetry about taste and food.
  - **Geography** – what food grows where, food miles, transporting food, waste
  - **History** – past diets, discoveries, food recipes linked to themes e.g Tudors, WW2
  - **Information Technology** – recording results of a food survey, website review
  - **Maths** – weights and measures
  - **Physical Education** – links between healthy eating and exercise
  - **Science** – effects of heat on food, plant growth, nutrition
  - **Relationships with Local Food Businesses** – farms, shops and restaurants (encourage food professionals such as chefs to come into the classroom and arrange for pupils to visit their premises).
  - **Tasting Sessions** – integrate a range of eating experiences into classroom work e.g. tasting fresh, dried, juiced, frozen and canned fruits and vegetables
  - **Cooking** – cooking demonstrations healthy eating
  - **Drama** – drama activities, healthy eating projects
  - **School Garden** – give pupils the opportunity to plant, harvest, prepare, cook and eat the food they grow
  - **Eating experiences integrated into the curriculum for all subjects.**
7. Create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food
8. Access to water – the school promotes the drinking of water during lessons; it is freely available to all pupils from a chilled water dispensing unit and a water fountain.
9. Ensure that families entitled to Free School Meals get their entitlement.
10. Pupils are reminded to wash their hands every time they go to the toilet and before they eat food.
11. Require adults who assist with food preparation activities in the school, including classroom activities, to possess a Basic Food Hygiene Certificate or the equivalent.

12. Classroom food handling and preparation staff, teach safety of handling food and equipment involved in food preparation e.g. graters and knives.
13. To involve the school council in making food related decisions which promote health choices of snacks.
14. To involve our school in local initiatives which promote "Healthy Eating" or inform pupils about food production and local farming

**Signed:** \_\_\_\_\_  
Jane Hughes – Headteacher

**Dated:** \_\_\_\_\_

**Signed:** \_\_\_\_\_  
Sally-Ann Shotton – Chair of Governors

**Dated:** \_\_\_\_\_

**The School is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment.**