



Scampton Church of England Primary School

POLICY FOR FOOD IN SCHOOL

Rationale

We are committed to ensuring that the children in our care grow into healthy adults, this being the first of the five principal requirements of the Children Act 2004 ('Every Child Matters'), i.e. that they:

- Be healthy
- Stay safe
- Enjoy and achieve
- Make a positive contribution
- Achieve economic well-being

Aims and Objectives

Consequently, this school aims to teach children the key points about living a healthy life, including the importance of eating healthy food. We wish to maintain the National Healthy School Standard, and our Whole School Food Policy is designed to contribute a vital element to our strategy of creating a school environment in which children thrive. We believe that it is only through a whole school approach that the key messages about food and drink can be really effectively conveyed i.e.

- To help children know and understand the importance of food and drink in a healthy lifestyle.
- To help children learn what healthy food is
- To give children the skills they need to make the right choices with regard to food and drink
- To promote the physical and emotional well-being of all our children



Entitlement

All children are entitled to the outcomes of this policy regardless of race, creed, colour, gender, disability, social or other relevant background, or previous experiences.

Implementation

The responsibility for implementing this policy is held by all members of the teaching staff.

The Curriculum

We teach children about healthy eating in our formal curriculum specifically as part of the Design Technology programmes of study but also include it where possible in areas such as PSHE and Science.

We encourage children to participate in school games, Clubs and sports, and so learn the enjoyment of a healthy lifestyle. We organise school visits to outdoor pursuit centres and provide opportunities for children to explore the natural world.

Our school site is fully utilised in the interest of the children's physical and emotional development through playground activities.

The school environment

We ensure that our school environment promotes healthy eating.

We do not give sweets or chocolate as prizes or rewards regularly in school, although these are occasionally given as end of term presents, or as prizes in a raffle.

We do not have vending machines on the school site that dispense sweets or chocolate.

We encourage children to drink plenty of water and encourage them to bring a named water bottle to school for use in the classroom.

Children are encouraged to bring fruit to eat at break times if they wish to have a snack. Key Stage 1 children are given fresh fruit under the 'Fruit in School' scheme.

They are not allowed to eat crisps or sweets at break time.



School Lunches

The school uses an external contractor to provide hot meals to school. The menus are analysed to ensure they comply with the relevant standards.

The parents of children who bring packed lunches are made aware of our school food standards and given clear guidance about what should be included in a healthy packed lunch.

Role of Parents

We work closely with parents to ensure that the messages about food and drink we give in school are reinforced and supported at home.

We expect all parents who send their children to our school to respect our healthy food policy and to support it fully through the food they give their children to bring to school.

Role of Governors

Governors will monitor food in school using guidance and checklists provided by the food in school organisation to ensure that the school is complying with national legislation and guidance.

Monitoring and Review

The Governing Body will monitor this Policy to ensure that our children are taught the importance of healthy eating.

Review

This Policy was compiled by the Head Teacher, with reference to the most recent Food in Schools Document.

This policy will be reviewed on a regular basis in line with school priorities.