



## **Introduction**

Stanford in the Vale CE Primary School is 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.

Consequently, this school does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food. Our Whole-School Food & Drink Policy is designed to contribute a vital element to our strategy of creating a school environment in which children can 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. This document sets out our policy on this.

## **Aims and objectives**

- To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils, staff and visitors to our school.
- To help children know and understand the importance of food and drink in a healthy lifestyle.
- To help children learn what healthy food is and provide them with the skills they need to recognise a nutritionally balanced diet.
- To promote the physical and emotional well-being of all our children.
- To highlight and develop the social interactions, values and implications of eating together.

## **The curriculum**

We will plan and teach about healthy eating through our creative curriculum. For example, we will teach children about the preparation and cooking of healthy food in design technology classes, while in geography lessons, children will learn where food comes from and how it reaches the shops. In science, we will teach about nutrition and the needs of a healthy body. Through mathematics, we will teach children to measure and calculate size and weight. In English, we will provide opportunities for children to discuss, read and write about health-related issues, and why some parts of the world have a surplus of food, while other parts have famine. In religious education, children will learn about how food is valued in different societies, and the part food plays in religious custom and practice. In physical education, children will have the opportunity to learn how their body reacts to exercise, and the importance of food and drink to participation in sport and dance. In PSHE, children will have the opportunity to reflect on food-related issues such as how food is advertised, and how we can enjoy treats without damaging our bodies. We will also promote healthy eating through assemblies and will encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle.

## **Extra curricular activities**

We will provide opportunities for our children to enhance and extend their interests, skills and knowledge relating to food and healthy eating, through after-school and lunchtime clubs.

Through the provision of a Healthy Eating Cookery Club, pupils will be given opportunities to enjoy cooking and eating the foods they make, learn basic food skills, apply food safety and hygiene rules and embrace other cultures through the food they produce.

The school Gardening Club will provide pupils with a context for looking at food chain issues and understanding where food comes from. They will learn to grow fruit and vegetables and harness the full potential of the outdoor classroom as a teaching and learning resource for healthy eating.



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We will use the knowledge and opportunities provided by outside interests, to promote a healthy, balanced diet and lifestyle among our pupils and staff. This may involve off-site visits, or inviting guests to the school to share their knowledge and expertise.

### **The school environment**

We will ensure that our school environment promotes healthy eating. We will encourage children to bring healthy snacks into school and respond positively to those pupils who do so.

The distribution of sweets or chocolate as prizes or rewards in school will be restricted.

We will encourage children to drink plenty of water throughout the school day by providing access to cooled water.

Pupils in Key Stage 1 & Foundation will have access to fresh fruit at break times every day.

Foundation children will have access to milk or water throughout the school day.

We do not allow nuts or nut products within the school due to nut allergies within children and staff.

### **School lunches**

We will serve only nutritionally balanced food and drink for our school lunches. The lunches will be prepared by on-site catering staff, who will be committed to providing healthy food, following National Standards and Guidelines. This includes the provision of fresh fruit and vegetables on a daily basis.

The parents of children who bring packed lunches will be made aware of our healthy-school policy, and given clear guidance about what constitutes a healthy packed lunch. Sometimes children will be awarded with stars for healthy lunchboxes or a slip if they need a reminder about what needs to be in a balanced / healthy lunchbox.

All pupils will have access to a positive, stimulating dining room environment where they may eat. They will be supervised and encouraged to eat a full and balanced meal.

### **Breakfast and After School Club**

Breakfast can be the most important meal of the day. Many children often miss their breakfast and resort to snacking on unhealthy food on the way to school or miss it out completely. Our Breakfast club provides a combination of a healthy breakfast, early morning childcare and an opportunity for children to engage in social activities.

At the club the children will be given a choice of healthy breakfasts and drinks. The children who attend will help choose the cereals and other options available, as well as help prepare and clear up afterwards.

Our After School club allows children to relax and play in a safe environment. Once the children arrive at the club they are given a healthy snack and drink and then they will be able to participate in a wide and varied range of activities chosen to meet the needs of the individuals.

The children who attend will help choose the snacks available, as well as help prepare and clear up afterwards.

### **Role of the School**

As well as addressing food and healthy eating within the curriculum, the school will ensure relevant staff are adequately trained and qualified to teach and develop food related topics in school. Food handlers will receive Basic Food and Hygiene training and continuing professional development is actively encouraged in this area.

The PSHE Co-ordinator, alongside the School Council are responsible for ensuring the school is teaching about and endorsing healthy eating and drinking.



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The PSHE Co-ordinator will meet with the School Council regularly to discuss matters pertinent to improving the health and welfare of pupils and staff in our school.

### **Role of parents**

We will 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 and drink policy and to support it fully through the food and drink they give their children to bring to school.

We will keep parents informed through meetings, newsletters and information literature, to explain to them the importance we place on healthy eating, and why we endorse this policy.

### **Monitoring and review**

The governing body will monitor this policy to ensure that our children are taught the importance of healthy eating. It will be reviewed on a regular basis, and at least once every two years.

Adopted: November 2021

Next Review: November 2023