



WHOLE SCHOOL FOOD GUIDANCE AND INFORMATION

Healthy Snacks

Children in Reception and Key Stage 1 [Infants]

Children will be provided with a healthy snack at break times.

Key Stage Two [Juniors]

Children are encouraged to bring healthy foods to school for break time snacks, consisting of a piece of fruit or vegetables. We keep a tally of the healthy snacks in the classrooms.

School Dinners

We aim to provide meals that are healthy, appetising and appealing to our children. All our school meals are prepared and cooked in our own kitchen using as much fresh, unprocessed and locally sourced ingredients as possible. Our school dinners meet all the national nutritional requirements, with bread, fresh fruit and vegetables, water and a selection of salads available on a daily basis.

We recognise the importance of eating a hot lunch and actively promote them to encourage more take-up by children currently having a packed lunch. The menu is displayed outside the school hall and is on the school website thus enabling parents and children to make informed choices. All lunchtime food is consumed in the hall. Children who take school dinners and packed lunches sit together and staff are encouraged to eat with the children.

No nuts or coconut is used in any food preparation as the school is a nut-free, coconut-free zone.

We have a comments board in the hall and we regularly ask children's opinions about the menu.

Packed Lunches

Some children bring packed lunch to school. We encourage parents to provide healthy packed lunches and recommend the British Nutrition Foundation website. We request that they do not send nuts, coconut, sweets or chocolates in packed lunches.

The school recognises that parents provide packed lunches for a variety of reasons, including dietary requirements or intolerance, and religious observance. For this reason, no food may be swapped or shared from packed lunches. Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten. All packaging is taken home to give the children the opportunity to recycle it. ***We ask parents not to include any nuts or nut products eg peanut butter in their packed lunches or any coconut products, including coconut oil.***

Water

Water is freely available throughout the school day to all children and staff. Children are encouraged to bring in water bottles with a sports cap and drink water during the day, especially before and after PE and during warm weather.

Food across the Curriculum

There are a number of opportunities for pupils to develop their knowledge and understanding of food throughout the curriculum. We exploit opportunities within the existing curriculum to develop children's skills across different areas.

Food education is taught through Science, Design and Technology, Humanities, PSHE&C, Modern Foreign Languages, Physical Education, Literacy, Maths, Religious Education and Information Technology.

We have a cross-curricular approach to teaching, where year groups choose a theme and thread a range of skills through the topic. Therefore, food technology is embedded in a variety of ways, for example, Indian and Greek food tasting and cooking, healthy eating and living, growing, food chains and wildlife, taking responsibility for their own health and well-being, cultural foods and religious festivals, as well as using mathematical skills, such as measurements and calculations.

Gardening Club is a free club that is open to all children. It enables children to experience many opportunities for learning about how food is grown and provide herbs for use in the school kitchen. It takes place in the playground so that our food growing activities can be viewed by the whole school community.

Partnership with children, parents and carers

The partnership of home and school is critical to us in shaping how children behave, particularly where health is concerned. Each must reinforce the other. We also ask for feedback from parents on our food provision through our healthy school programme. We receive feedback from children through the School Council.

Parent Teacher Association

We encourage the PTA to think about the food and drink they provide at school functions. They have agreed to provide fruit juices and water as well as other drinks to children and also offer a selection of healthy snacks for sale, as well as sweets. We hope that the input from school and home will help children make the healthier choices!