

Royal Borough of Kingston upon Thames

Green Lane Primary and Nursery School



## Food Policy

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### Introduction:

At Green Lane, we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

### Rationale:

Green Lane has Healthy Schools accreditation. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We recognise the important connection between a healthy diet and a pupil's ability to learn effectively and recognise that we can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment that supports a healthy lifestyle. We are committed to ensuring every child attending Green Lane has the best possible life chances and we support our pupils adopting healthy lifestyles.

### Aim:

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.

### Objectives:

- To ensure that we give pupils consistent messages about food and health.
- To give our pupils the information they need to make healthy choices.
- To promote health awareness.
- To develop an understanding and ethos within the school of safe, tasty and nutritious food through both education and example.
- To contribute to the healthy physical development of all members of our school community.
- To make the provision and consumption of food in school an enjoyable, safe and sociable experience.
- To introduce and promote healthy eating practices within school and for extra curriculum and out of hours provision.
- To ensure that food provision in the school reflects the cultural and medical requirements of staff and pupils.
- To ensure the DfE School Food Standards (Jan 2015) are followed.

### The promotion of healthy eating in the curriculum

There are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as growing, shopping, preparing and cooking food.

### The promotion of healthy eating outside the formal curriculum:

**Before and After School Provision:** Emphasis is placed on healthy, balanced meals at our breakfast and after school provision. Breakfast club provides a wide range of cereal, toast, fruit and yoghurt alternatives plus additional cooked options on various days. After School staff plan and cook healthy, nutritious meals to compliment the lunchtime menus (in line with the School Food Standards). In our Holiday club, children bring their own packed lunches with healthy snacks and drinks provided.

The governing body will review and monitor this policy and evaluate its effectiveness.

Agreed by staff: April 2016

Agreed by Governors: Summer 2016

Review: Summer 2018

**Mid-Morning Snacks:**

Each child in Foundation stage and KS1 receives a piece of fresh fruit or vegetable daily as part of the Fruit and Vegetable Scheme, and children are actively encouraged to participate. In Foundation Stage children receive this fruit throughout the day through the snack bar within classrooms.

In Key Stage 2 children are encouraged to bring in fruit or vegetables to eat in class prior to or after morning break. This is also when Key Stage 1 children eat their fruit.

Under-fives and children entitled to Free school meals are entitled to free milk. Other families are given the opportunity to buy into the school milk scheme should they wish to.

The children also have access to water throughout the day: there are two water fountains in the playground, two inside the building and water cooling machines around the school. In addition, children in all classes are strongly encouraged to bring bottles of water which are kept in the classroom for regular re-hydration.

**Birthdays and end of term treats:**

The school does not allow sweets or chocolates to be brought in for birthdays; instead we encourage the children to bring in a book for the school library or class book corners. However, staff will sometimes give sweets or chocolates to children as end of term treats, particularly at Christmas and Easter time.

**Packed lunches and schools dinners:**

The school have a kitchen on site and work closely with the outside catering company to provide choice and nutrition to the children. Children choose their meal from a menu on the day they want it. Freshly baked bread and salad bar are offered daily alongside a hot main dish, a hot vegetarian dish and often a third option of jacket potato or baguette. Children may choose to bring a packed lunch as an alternative to school meals. Children who bring packed lunches from home are encouraged to have at least one portion of fruit, one portion of vegetables and one portion of dairy daily. Green Lane actively discourages the bringing of sweets, chocolate, crisps and fizzy drinks. Water is readily available to all pupils at lunchtimes.

**Water provision:**

Water is freely accessible during the day from water fountains, water coolers and personal water bottles.

**Fund raising:**

This policy is shared with parents on our website but particular attention is drawn to members of our parent teacher association (the Friends) who we ask to support our philosophies by organising events that promote our values.

At school fairs and class cake sales we encourage the sale of homemade cakes rather than shop bought alternatives. Tombolas are treats rather than sweets i.e. more toy related.

At the school discos, water and juices are sold rather than fizzy drinks.

We use recipes from the lottery funded 'Let's Get Cooking' scheme at many events for example involving children making salads to accompany barbeques at our community gardening days.

**Cooking Clubs for Children**

Regular cooking clubs, run by staff, occur after school for the children to attend.

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