

Long Furlong Primary School

Food Policy

Introduction

In our school 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

Long Furlong is a healthy school. 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 can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health.
- To give our pupils the information they need to make healthy choices.
- To promote health awareness.
- To contribute to the healthy physical development of all members of our school community.
- To encourage all children to eat a balanced and varied diet.

Badger Club

Badger Club (breakfast and after school club) operates on a daily basis in the school. They hold their own food policy which is available for parents to read.

Snack

All Foundation Stage and Key Stage 1 classes have a morning breacktime snack of fruit; this is part of the Government's free "School Fruit and Vegetables" initiative. Key Stage 2 children can bring in a snack in line with current standards for food provided in school. Foods which comply with these standards include fresh fruit and vegetables, and dried fruit (without added sugar, salt or fat). The school also offers a snack bar during morning break, which sells a range of healthy snacks and drinks which are in line with current standards from the Schools Food Trust.

School dinners

All our school meals are prepared in-house, and meet appropriate nutritional standards for a Primary school (as defined by the Children's Food Trust). This includes the sourcing and provision of as many fresh ingredients as possible, including meat, fruit and vegetables. Pre-packaged and processed foods are avoided whenever possible. A hot and cold option is available each day, both of which pay regard to nutritional balance and healthy options. Kitchen staff are made aware of pupils with particular dietary requirements, including those with allergies or cultural needs, and ensure that these are followed.

Packed lunches

Children are encouraged to bring a balanced lunchbox to school. Opportunities to discuss healthy eating choices arise through assemblies and PSHE sessions. Chocolate bars, sweets and fizzy drinks are discouraged in lunchboxes.

Water for all

Cooled water is freely available throughout the school day to all members of the school community. Every child has been provided with a free bottle to store their water in. Children have access to water throughout the school day. Regular opportunities to drink water are built into the school day by school staff. All children up to the age of 5 qualify for free milk, and a milk scheme is run for other children within school who wish to take part.

Food across the curriculum

In FS, KS1 and KS2, there are many 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 shopping, preparing and cooking food. This is taught through science, PSHE and D & T. Cross curricular links are made wherever possible. Out of hours learning includes cookery and gardening clubs. Staff will consistently model best practice in hygiene standards when preparing and cooking food.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned; each must reinforce the other. This is not always easy but our school is well placed to lead by example. Parents are strongly encouraged to provide healthy packed lunches and snacks for their children. The Food Standards allow for 'treat' foods in school for circumstances such as a child celebrating a birthday, food provided at PTA events, etcetera, and this will continue to be part of school life.

Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and review

Subject coordinators are responsible for the curriculum development of the Food Policy. The Headteacher, School Business Manager and PSHE coordinator are responsible for supporting colleagues in the delivery of the Food Policy.