



**Downsway
Primary
School**

FOOD POLICY

Date policy reviewed	27/09/23
Date of next review	Sept 26
Policy owner	SBM
Policy on website Y/N	Y
Compliance tracker updated Y/N	Y

Downsway Primary School

FOOD POLICY

Introduction

Downsway Primary School takes seriously its responsibility to protect and safeguard the welfare of children and young people in its care. "The welfare of the child is paramount" (Children Act 1989).

At Downsway School we are committed to giving all our children consistent messages about all aspects of health to help them understand the impact of certain behaviours and encourage them to make responsible choices.

We recognise the important connection between a healthy diet and a child's ability to learn effectively and achieve high standards in school.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day.

Rationale

We aim to be a healthy school. It is important that all elements of the school's work are considered to ensure that we promote health awareness in all members of the school community. As such, we can be a valuable role model to children and their families with regard to food and healthy eating patterns.

Through the school's curriculum and ethos and the food that is provided, we can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims and Objectives

- To give 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 take part in the '5 a day' campaign
- To work with the school caterer to ensure healthy balanced meals are provided
- To involve pupils and parents in decision making about nutritional initiatives which enables them to contribute to healthy eating, e.g. School Council

Breakfast and After School Club

The breakfast and after school club operates daily in the school for all children.

The food offered is healthy and is consistent with a healthy diet – e.g. toast, bread, low-fat spreads, fruit jam, yoghurt, low-salt/low-sugar fortified cereals, fresh fruit. Children choose from water or juice to drink.

Break-time Snacks

All of our children under 5 are entitled to free milk via the Cool Milk scheme, which provides a free daily carton of fresh semi skimmed or lactose reduced milk. Milk can also be provided, at a small cost, for children after their 5th birthday. Children who are registered for Free School Meals are also entitled to a daily carton of milk, which is paid for by the school.

The school participates in the national free fruit and vegetable scheme provided by the Department of Health. The school has no vending machines and does not currently run a tuck-shop although

this policy would be applied to all items sold if this were the case. Children in Key Stage 1 classes are encouraged to eat their fruit and vegetables at break times.

If KS2 children wish to bring a snack, we request that it is in the form of fruit or vegetable.

Water for all

Cooled water is freely available throughout the school day to all members of the school community from the water cooler that is located in the corridor near the photocopier.

Children may drink their water at any time during independent working time. Regular water and brain breaks are built into the school day and curriculum by class teachers.

School lunches and packed lunches

Our school meals are provided by a contracted caterer (Dolce) who has a healthy food policy as part of their tender.. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot and cold option, both of which pay due regard to the National School Food Based Standards.

Many children bring packed lunch to school and we respectfully ask parents to be mindful of our policy when preparing them. We **do not** allow sweets, chocolate bars (although we do allow chocolate covered biscuits at present) or fizzy drinks.

There are a number of children with nut allergies and we ask parents not to include peanut butter sandwiches or nuts of any description in children's lunch boxes or as a snack.

Special Dietary Requirements

Downsway is aware of all food allergies/intolerances and other dietary requirements of the children. A vegetarian option is available every lunchtime.

Food across 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 shopping, preparing and cooking food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus.

Maths can offer the possibility of calculating quantities for recipes, sorting ingredients, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition and the function of different nutrients in contributing to health and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

ICT can afford children the opportunity to research food issues using the internet and other electronic resources. Children could design adverts to promote healthy food choices.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

PSHE encourages children to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Children are able to discuss issues of interest to them.

Music can provide children with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.

History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

Prizes and rewards

Children are rewarded for good behaviour, attitudes and work with stickers, certificates and praise. Children with birthdays are allowed to bring in a small treat (sweet) for their class mates if they wish but this is for a special treat only!

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. Parents are encouraged to support the work of the school and to reinforce healthy 'messages' that are delivered to children.

Parents and carers are regularly updated on our water and packed lunch policies through school and class newsletters.

Monitoring and review

The Headteacher and SBM will review this policy every 3 years.