

Appleton Wiske Community Primary School

Food Policy

We are committed to ensuring that the children in our care grow into healthy adults. Consequently, this school does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food. This 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 effectively conveyed.

Aims

- To help children know and understand the importance of food and drink in a healthy lifestyle.
- To help children learn what healthy food is.
- To give children the skills they need to make the right choices with regard to food and drink.
- To promote the physical and emotional wellbeing of all our children.

The Curriculum

We will plan discrete teaching opportunities about healthy eating in our curriculum. For example, we will teach pupils about the preparation and cooking of healthy food in design and technology lessons. In geography lessons, pupils will learn where food comes from and how it reaches the shops. In science, we will teach about nutrition and the importance of a healthy body. Through mathematics, we will teach pupils to measure and calculate size and weight. In English, we will provide opportunities for pupils to discuss, read and write about health-related issues, such as genetically modified foods, and why some parts of the world have a surplus of food, while other parts have famine. In religious education, pupils will learn about how food is valued in different societies, and the role food plays in religious customs. In physical education, pupils will have the opportunity to learn how their body reacts to exercise, and the importance of food and drink in relation to participation in sport and dance. We will also promote healthy eating through the informal curriculum. For example, we will promote healthy eating regularly in assemblies. We will encourage pupils to participate in school games, clubs and sports, and therefore learn the benefits of a healthy lifestyle. We will organise school visits to outdoor pursuit centres, and provide opportunities for pupils to explore the natural world. We will use the school facilities in the interest of our pupils' physical and emotional development through playground activities.

The School Environment

We will ensure that our school environment promotes healthy eating. We will not allow pupils to bring sweets or chocolate into school unless it is a special occasion. We will not have vending machines on the school site that dispense sweets or chocolate. We will encourage pupils to drink plenty of water and ensure that they have access to cooled water and regular opportunities to drink water throughout the day. Pupils will be offered fruit at break times; this is funded by the Friends of the school for all pupils.

School Lunches

We will serve only healthy food and drink for our school lunches. The lunches will be prepared by our school contractors, who will not be granted a tender unless they make a commitment to provide healthy food. Basic requirements are that they will provide a vegetarian option each day, that they always serve vegetables and fruit, and that all lunches have a balanced nutritional value. The parents of pupils who bring packed lunches will be given clear guidance about what should be included in a healthy packed lunch. Packed lunches will be monitored.

Before and After School Club

This policy applies to all aspects of school life, including our wraparound provision. All foods and drinks provided during breakfast and after school club will be healthy and in line with this policy.

Parents/Carers

We will work closely with parents and carers to ensure that the messages about food and drink we give in school are reinforced and supported at home. We expect all parents/carers to respect our healthy food policy and to support it fully through the food they give their children to bring to school.

Revised: February 2021

Review date: February 2024

