

Whole School Food Policy

Rationale

This school recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school. It also recognises the role our school can play, as part of the wider community, to promote family health and well-being. With evidence emerging of increasing levels of obesity amongst the young it is even more important than ever to educate our children to make healthy food choices as part of a healthy lifestyle.

As one of the first schools in Sunderland to be awarded the Silver Healthy Schools Award we are continually looking for ways to improve the health of our pupils and their families. This policy sets out our aims and how we will work to achieve them.

Aims

- To ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to the school
- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of school issues, including what constitutes a healthy diet.
- To ensure that all pupils are well nourished throughout the school day and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To make the provision and consumption of food a healthy, enjoyable and safe experience throughout the school day.

Objectives

- To ensure that food provision in school reflects the ethical cultural and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To provide curricular opportunities in both key stages for pupils to plan recipes, prepare and cook food.
- To monitor menus and food choice to inform parents, policy development and provision.
- To improve the children's knowledge of the variety of fruit and vegetables and to widen their experience of them in our Tutti Fruitti tuckshop.

- To use curricular time in our 'World Week ' as a food focus so children can be introduced to tasting foods less familiar and commonly eaten in other parts of the world.

Guidelines

We will ensure these objectives are being met in a variety of ways.

- By working in partnership with the school supervisory staff, the Food In Schools team and the schools meals service to promote healthy eating and drinking in school.
- By consulting with pupils, through the School council and parents, through leaflets and the weekly newsletter, decisions about food in school.
- Using curriculum time effectively to promote healthy eating
- By using the recommendations in the Food in Schools toolkit to actively promote healthy food choices during the day by:

Operating our healthy Tutti Fruitti tuckshop

Encouraging healthy lunch boxes and food choices for school meals.

Providing opportunities to all children for free and easily accessible water.

Having a friendly, attractive and welcoming lunchtime setting.

Providing a healthy snack for children attending our after school clubs.

Review and Monitoring

Monitoring and evaluation of the objectives outlined above will take place by the Health subject leader and evidence of success will be seen in:

- Reports produced by Food in schools Team after their visits.
- Photographs as evidence of Food related activities that are taking place in school.
- Examples of children's work done.
- Ofsted Inspections

This policy has been developed in consultation with the whole school community and has been accepted and embraced by:

- *Governors*
- *School Management*
- *All members of staff*
- *Pupils*
- *Parents*
- *Healthy Schools Representative*

Subject Leader - Alyson Talbot

Reviewed - January 2008

Next Review - January 2010