



The Kingfisher Schools Federation

Food Policy

1. INTRODUCTION

In our schools The Kingfisher Federation we are committed to giving all our pupils consistent messages about all aspects of health to help them to understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHE, SRE and Drug policies.

Our schools support the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life threatening conditions as well as being helpful in tackling and preventing childhood obesity.

We are using the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our school:

- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

2. PRINCIPLES

Barnby & North Cove and Southwold Primary Schools are healthy schools. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school communities. 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.

3. AIMS & 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 healthy 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 encourage the children to eat a balanced diet.

Snacks

KS1 receive a morning snack of washed fruit or vegetable as part of the Government's fruit and vegetable scheme. Other children are encouraged to bring in fruit or veg as a snack. Other snacks are served from the school kitchen during break time.

School Lunches and Packed Lunches

All our school meals are provided by Eats Catering. Where possible they will include the use of fresh fruit and vegetables each day as a part of the choice for the children.

Many children bring packed lunch to school. We regularly include newsletter items about the contents of these and we do not allow sweets, chocolate bars (although we do allow chocolate covered biscuits) or fizzy drinks. Sweets are not allowed in school.

Water for all

All children are asked to bring in their own water bottles so they have free access to drinking water throughout the day. There is also a water fountain near the cloakroom.

Food across the Curriculum

In the Foundation Stage, Key Stage 1 and 2, 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 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 understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional compositions, digestion 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.

I.C.T. can afford pupils the opportunity to research food issues using the Internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

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

P.S.H.E. encourages the children to take responsibility for their own health and well being, teaches them how to develop a healthy lifestyle and address issues such as body image. Pupils are able to discuss issues of interest to young people e.g. advertising and sustainable development.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussions 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, which 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.

School visits provide pupils with activities to enhance their physical development e.g. to activity centres.



After-School Clubs

Out of hours learning includes cookery and gardening clubs from time to time.

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. Together with parents the school will reinforce the message that a balanced diet is important.

This is not always easy but our schools are well placed to lead by example. We encourage parents to give their children a healthy packed lunch. Parents and carers will be regularly updated through the school newsletter on any changes to the food policy.

Role of the Governors

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

Responsibilities

Key Stage Mangers and Subject leaders are responsible for the curriculum development of the Food Policy. The Head teacher, who is also the PSHE leader, is responsible for supporting colleagues in the delivery of the Food Policy. The LA is responsible for ensuring the quality of food offered as part of the contract with the caterer.



MONITORING & EVALUATION

This policy will be reviewed and updated at regular intervals and when deemed appropriate and necessary.

- The policy will be reviewed as part of the schools monitoring cycle.
- The Head Teacher has responsibility for monitoring this policy.
- **This Policy is due for Review in June 2018.**

IMPLEMENTATION

This policy will be formally implemented with effect from September 2014.

This policy was adopted at a Meeting of the full Governing Body on _____.

Mr John Beckett
Chair of Governors

Mrs Ruth Nixon
Head Teacher