

# **Hoylandswaine Primary School**



## **Whole School Food Policy**

**April 2014**

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## Food Policy

2014

### PHILOSOPHY

At Hoylandswaine Primary School we want to prepare our pupils for life as healthy, thoughtful, responsible and independent members of society. We recognise the importance of promoting health awareness in all members of the school community and have measures in place to ensure children are taught the key elements of a healthy lifestyle, including the importance of eating healthy food. Through a whole school approach, children are guided and encouraged to make healthy choices and are given opportunities to practise and adopt elements of a healthy lifestyle.

### AIMS

As a school we aim to provide **opportunities** for pupils to;

- Know and understand the importance of food and drink in a healthy lifestyle
- Learn what healthy food is
- Practise the skills they need to make safe and healthy lifestyle choices
- Reflect on the choices they make
- Learn about food production, manufacturing, distribution and marketing and the impact this has on both health and the wider environment

### Relationship to other policies

This policy links to several other policies including the Science, DT, PE, RSH, Drugs and RE.

### ENTITLEMENT

Teaching and Learning opportunities are broad and varied and support our aims in the following ways:-

#### **Food across the Curriculum**

**Pupils are taught explicitly about food in our formal curriculum.**

Science provides an opportunity for pupils to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health. This work is extended in PE, where pupils have the opportunity to learn about how their body reacts to exercise, and the role of food in providing the energy needed for physical activity.

In DT pupils learn about the preparation and cooking of food and are taught the importance of safe practice when using tools and equipment. Investigating and making product packaging enables pupils to consider the ways in which manufacturers appeal to the consumer.

In Geography pupils learn where food comes from and how it reaches the shops. A global perspective is incorporated into this work by examining the impact consumer choice has on those people who rely on food as their source of income.

RE provides an opportunity to learn how food is valued in different societies and the part it plays in religious customs and practices. Circle Time is used by all classes and provides a supportive learning environment through which to discuss and guide children in aspects of PSHE. Teachers use this time to generate conversations on specific themes, including food related issues. Pupils have the opportunity to reflect on their likes and dislikes and the choices they are making, as well as discussing wider food related issues such as fair trade or product advertising.

## **Healthy Choices**

### **Healthy eating is also promoted through the informal curriculum**

Teaching our pupils about the benefits of a healthy lifestyle is an integral part of our school ethos. A government initiative currently provides all children in Key Stage 1 with a daily piece of fresh fruit. At Hoylandswaine Primary we recognise the importance of encouraging pupils to make healthy choices and have extended this provision into Key Stage 2, using the local farm shop as our supplier. Pupils who opt into this scheme can choose from a daily selection of seasonal fruit, to have during morning break.

The importance of drinking water is also highlighted throughout school and pupils are encouraged to bring a water bottle which they can use at any time. A water dispenser has been provided so that pupils are able to access fresh water during the day. Parents are reminded to provide water bottles when pupils participate in sporting activities and events.

### **School Lunches**

School meals are prepared on site and our staff are committed to providing healthy food. A main meal, vegetarian and jacket potato/pasta option is available each day. Parents of pupils with individual dietary needs who wish their child to have a school meal are catered for where possible, and meet regularly with the cook to discuss menus. Fruit and vegetables are always served and all meals have a balanced, nutritional value.

Pupils bringing packed lunches are praised for healthy choices in their lunch bag.

## **Owls Club**

The staff involved in Out of School Club regard snack and meal times as an important part of the session/day. It is recognised that eating represents a social time for children and adults and helps children to learn about healthy choices. At snack and meal times, pupils attending club receive nutritious food, which meets individual dietary needs.

## **TRAINING AND SUPPORT**

- All staff will receive a copy of the policy
- All staff will be involved in promoting health awareness through school
- The Head teacher or another member of staff will attend relevant courses run by LEA and information will be disseminated to staff

April 2014

Jenny Oates