

MARLFIELDS PRIMARY ACADEMY

WHOLE SCHOOL FOOD POLICY

1. Introduction

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them 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 PSHCE, Drug and Sex & Relationship Policies.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day. This has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

2. Rationale

Marlfields Primary Academy is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community, and can provide a valuable role model to pupils and their families.

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 which supports a healthy lifestyle.

3. Aims and Objectives

- To ensure that the school gives 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

4. Breakfast club

Much and Crunch with the Reading Bunch operates on a daily basis in the school grounds - run by parents.

5. Snack

MARLFIELDS PRIMARY ACADEMY WHOLE SCHOOL FOOD POLICY

As part of the Government initiative to provide all our under 5s with free fruit/vegetables during the day, all FS and KS1 classes include an afternoon break time snack of washed fruit/vegetables to all children, which is shared in a friendly setting for all class members. Children are given responsibility for self service and for helping to clear away. KS2 children bring or purchase from CBS a healthy snack which they eat at morning playtime - no other snack is allowed during break.

6. School lunches and packed lunches

All our school meals are provided by a contracted caterer, (CBS) 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 regard to nutritional balance and healthy options.

Many children bring packed lunch to school. We regularly include newsletter items about the contents of these and we encourage parents to provide healthy food such as fruit and vegetables rather than crisps, chocolate or biscuits.

7. Water for all

Cooled water is freely available throughout the school day to all members of the school community. No water fountains are located inside toilet blocks. Every child is encouraged to bring a bottle to store their water in. Children may drink their water at any time except during the 15 minute assembly. Regular water and brain breaks are built into the school day and curriculum as part of our Mind Friendly approach to learning. FS and KS1 children are also reminded to drink water at their snack time.

8. Food across the Curriculum

In FS, KS1 and KS2, 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 and how it is prepared for consumption.

We use a range of food technology activities and food related stimuli to generate cross curricular links to enhance learning across the school. Literacy and Numeracy activities may focus on practical food based tasks which promote development of certain skills.

MARLFIELDS PRIMARY ACADEMY WHOLE SCHOOL FOOD POLICY

We have a clear Food Technology curriculum which develops knowledge and understanding of nutrition, recipe design, food composition and the impact of personal choices and risk taking through practical activities.

ICT 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.

9. 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. Each must reinforce the other. This is not always easy but our school is well placed to lead by example. We regularly hold parent courses based on food technology and practical cooking with children.

Parents and carers are regularly updated on our water and packed lunch policies through school and class newsletters. Parents are asked not to send in fizzy drinks and are reminded that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

During out of school events, eg school discos etc., the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children.

10. Role of the Governors

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

Subject Managers are responsible for the curriculum development of the Food Policy. The Headteacher and PSHE Manager are responsible for supporting colleagues in the delivery of the Food Policy. The LEA are responsible for ensuring the quality of the food offered as part of the contract with the caterer.

12. Links to other policies

Health & Safety Monitoring & Evaluation All Curriculum policies

**MARLFIELDS PRIMARY ACADEMY
WHOLE SCHOOL FOOD POLICY**

Equal Opportunities Drug & Sex Relations policy

13. Review

This policy will be reviewed annually to take account of new developments.

Next Review Date: November 2017

Signed: (Chair of Governors)

Date: November 2015