



Rosebank School

Learning together, celebrating success

WHOLE SCHOOL FOOD POLICY

DATE OF THIS POLICY:	FEBRUARY 2016
Ratified by Governors:	CQ&S Committee 25.2.16
Frequency of update:	Every 3 years
Due for revision:	FEBRUARY 2019
Person responsible:	Dorothy Benjamin

ROSEBANK SCHOOL

WHOLE SCHOOL FOOD POLICY

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 policies for PSHCE, Drug Education, and Sex and Relationships.

The school supports the campaign to encourage children to increase the number of portions of fruit and vegetables they eat per 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.

RATIONALE

Rosebank 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. 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 the elements which support a healthy lifestyle.

AIMS AND 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 health awareness;
- To contribute to the healthy physical development of all members of our school community;
- To encourage all children to take part in eating more fruit and vegetables to promote long term health.

SNACK

Snack time is an important opportunity to teach pupils social skills and to practise their communication skills. Some foods are used as motivators to encourage communication and we have a variety of food which we offer to pupils, including fruit, cereals, biscuits, crackers, toast and breadsticks.

All classes have a morning and afternoon snack, which includes cut and washed fruit and vegetables which are shared by all class members. Pupils are given the opportunity to choose the fruit they like and are encouraged to taste fruit they may not be familiar with. Pupils are encouraged to clear away plates and, in Key Stage 2, to wash and dry their plates and utensils. Nursery Reception and Key Stage 1 classes receive fruit and vegetables provided by the Free Fruit in Schools Scheme.

Key stage 2 Classes take responsibility to buy a variety of fruit and vegetables each week from the local supermarket. This is paid for by the school.

Pupils are always offered and encouraged to select fruit as a first choice for their snack. Low sugar juices, milk, and water are also available.

SCHOOL LUNCHES AND PACKED LUNCHES

All our school meals are provided by a contracted caterer who has a healthy food policy as part of their tender. This includes the use of fresh fruit and vegetables each day as a choice for the children. A hot meal is provided, which observes the guidelines for nutritional balance and healthy options.

Milk is provided to all pupils at lunch time and is provided by the school. Free milk is also provided to nursery reception children to have at snack times.

Many children bring a packed lunch to school. We encourage parents to provide healthy choices for home packed lunches. For a few of our pupils this is difficult, as they will only eat from a very small range of foods. Staff and parents are always looking for ways to increase their tolerance and uptake of a wider variety of food, including those which are healthier for them.

WATER FOR ALL

Water is freely available throughout the school day to all members of the school community. Children may drink water at any time except during the 15-minute assembly. Pupils are also reminded to drink water at their snack time and dinnertime.

FOOD ACROSS THE CURRICULUM

In Foundation Stage, Key Stage 1 and Key Stage 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 our food comes from, and include shopping, preparing, and cooking food.

We have a school vegetable garden and pupils are encouraged to grow, harvest and eat a range of fruit and vegetables grown in it.

Maths can offer the possibility of understanding food labelling and categorising, calculating quantities for recipes, weighing and measuring ingredients.

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

Geography gives the opportunity to learn about where food comes from and how it gets to the shop or supermarket.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils may design posters to promote healthy food choices.

Educational visits allow our pupils the opportunity to visit farms, and see where local food is grown and produced. Pupils help to buy food at local shops and supermarkets, farm shops and markets.

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

PSHCE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle, care for their bodies, and make healthy choices.

History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand that physical activity is part of leading an active and healthy life. From Foundation Stage, walking is encouraged as a life skill and to promote physical activity.

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 support and encourage each other.

Parents and carers are regularly updated on our dinner menus and pupils are able to make suggestions about the foods they would like available through the School Council.

HOW WILL WE KNOW THIS POLICY IS WORKING?

- Pupils will taste and eat a wide range of foods and be able to make healthy choices;
- Pupils will learn about where their food comes from;
- Pupils will tolerate and begin to enjoy eating a wider range of fruit and vegetables;
- Pupils will transfer skills learned at school into the home environment.

MONITORING AND REVIEW

Subject Co-ordinators and class teachers are responsible for the curriculum development of the Food Policy. The Headteacher and PSHCE Co-ordinator are responsible for supporting colleagues in the delivery of the Food Policy. The LA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

This policy will be reviewed every 3 years to take account of new developments.