

*Primrose Hill  
Primary School*



# **Whole School Food Policy**

December 2020  
Review date: December 2022

## **Introduction**

At Primrose Hill School we are committed to giving 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.

## **Rationale**

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 be a Healthy School. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns. In our school we actively support healthy eating and drinking throughout the school day.

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.

## **Why a healthy eating policy is needed**

A healthy diet is one of the best ways of maintaining children's health, both now and in the future. Recent research has shown that diets of some young people are not meeting government recommendations for optimum growth and development.

Immediate benefits from healthy eating include:

- Preventing dental decay, obesity and anaemia.
- Improving concentration and behaviour.
- Raising achievement.

## **Aims**

- To promote lifelong learning about food, nutrition and eating.
- To develop knowledge and understanding of a balanced diet.
- To encourage children to enjoy food and make informed choices to enable them to keep healthy
- To understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.
- To promote a positive outlook on healthy lifestyles and an awareness of the consequences of healthy and unhealthy choices.
- To encourage a healthy lifestyle through association of healthy food with exercise and the promotion of health enhancing habits.

- To ensure that we are giving consistent and up to date messages about food and health to the children.

## **Objectives**

- To teach accurate factual information about food and nutrition through the curriculum.
- Caterlink will continuously provide healthy eating menus and food choices.
- Healthy Lifestyles are to be promoted daily through positive role models within the school community.
- To promote fresh fruit for children in EYFS and KS1
- To promote the importance of drinking water and allow children access to water bottles in the classrooms.
- To promote a healthy balanced menu at lunchtime through school and packed lunches.
- Any specific medical/ cultural requirements concerning food and nutrition will be respected and treated individually.

## **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. Parents and carers will be regularly reminded of our packed-lunch and snack policies.

## **General Points**

- Children can bring their own water bottles into their classrooms and are encouraged to drink water whenever they feel thirsty. They are allowed to refill their water bottles when needed.
- We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels without breakfast.
- The breakfast club operates on a daily basis in the school for all children. We particularly encourage children who we know have little or no time for breakfast in the mornings at home.
- The food offered is healthy and is consistent with a healthy diet. We provide toast, bread and cereal. Children can choose from water, milk, fruit juice and tea to drink.
- The school can have funded vulnerable pupils where necessary as part of its Pupil Premium offer.

## **School Meals**

Our school works with Caterlink to ensure that healthy choices are available and that national standards are met.

- Fruit and vegetables are included as part of the meal and salad is available for the children to help themselves. Meals have a reduced fat, salt and sugar content.
- We provide a halal and non halal option daily
- We provide a vegetarian meal option daily.
- Vegetarian and medical needs will be met in appropriate ways.
- The weekly menu is on display for the children and parents, and is sent home each term.

## **Packed Lunches**

- Our school aims to support parents in making healthy choices when preparing packed lunches.
- To promote this, we regularly send out information on healthy choices, and will update this as necessary.

## **Special occasions and Rewards**

Special occasions, such as Christmas, and the end of terms are a time when teachers and pupils like to have a class party or treat. Class parties should reflect our ethos on having a balanced diet and sweet and fatty foods will be given in moderation.

Sweets will not be given in school as rewards for behaviour and good work.

## **Food across the Curriculum**

We recognise that food has great potential for cross-curricular work. There are many opportunities to promote healthy eating and a healthy lifestyle in most subjects, and this should be considered when planning topics.

We have a weekly cooking club for children in KSI led by a team of Parent Volunteers.

This team also runs a twice weekly pop up snack café which produces healthy food items for sale after school.

We hold a weekly gardening club for identified children.

## **After school's clubs**

- Membership of after school clubs is voluntary, and attendance is on a termly basis.
- Cooking Club meets on Monday and Friday
- Recipes try to reflect a balanced diet, within the limitations of our cooking resources

- Gardening Club meets on Friday lunchtime
- We grow a variety of vegetables for children to try.

### **Food Hygiene**

- Children should be reminded to wash their hands after going to the toilet and before eating.
- Water bottles and lunch boxes should be taken home to be washed.
- When handling food in lessons both staff and children should have clean hands, hair tied back and a clean surface to work on.

### **IMPLICATIONS FOR THE WHOLE SCHOOL:**

- CaterLink, the school caterers, work to their own nutrition policy that meets the guidelines laid out by the government. CaterLink cook good quality, healthy food. They do not use GM modified food, nuts or nut products or additional salt, they actively discourage the use of convenience food and ensure that at least 90% of their dishes are freshly prepared
- No foods containing nuts should be brought into the school. This is in order to protect children with allergies to nuts. Any foods containing nuts will be confiscated and can be collected from the office by an adult at the end of the day.
- Ensure parents are informed about the menu for school meals, and packed lunch guidelines, through regular newsletters, letters and the school website
- children apply their knowledge about food and make healthy choices both in and out of school.

### **DISSEMINATION OF THE POLICY**

**The policy will be given to all members of staff and copies will be available for parents.**

### **PROCEDURES FOR MONITORING AND EVALUATION**

**The head teacher, members of the senior management team and members of the curriculum leadership team, will monitor the policy.**