



Holmleigh Primary School Food Policy 2019

What are the aims of this policy?

- To make explicit the values and guidelines that underpin every aspect of food culture in Holmleigh School Primary school.
- To ensure that our children receive consistent and coherent messages about food and its role in their long-term health.
- To outline our future plans and goals with regards to food culture in our school.
- To ensure that the school meets the outcomes of the Every Child Matters legislation.

What are the values that inform this policy?

- We believe that every adult at Holmleigh can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.
- We want the children to understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.
- We want the children to apply their knowledge about food and make healthy choices both in and out of school.
- We want the children to enjoy cooking and learn certain core skills by the time they leave the school.
- We believe that food has a role in developing young people's social skills.

Water in the school

- Children have access to free and fresh water throughout the school day.
- Children are encouraged to bring their own water bottles into their classrooms and are allowed to drink water whenever they feel thirsty.
- Children who eat hot lunch have cups of fresh water on their tables.
- Children have access to free and fresh water on school trips.

Food throughout the school day:

Before and After School

- We discourage parents from providing and our children from eating sweets, chocolates and fizzy drinks before school.

Breakfast

- 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.
- We have a breakfast club that is available to all children by arrangement.

Break Time

- Children in Key Stage One benefit from the National School Fruit Scheme – this entitles them to one free piece of fruit or vegetable a day.

Lunch Time – hot lunch in the dinner hall

- We aim to provide our children with good quality, healthy food and we actively promote healthy choices.
- We recognise the importance of eating a hot lunch and hope that more children who take packed lunch will choose to switch to a hot lunch.
- The weekly menu is on display for the children and parents in the dinner hall and corridor respectively.
- We aim to send the menu to the parents each term.
- We listen to the children’s opinions on the menu and adapt the menu accordingly.
- We run our own catering service according to agreed nutritional standards. We do not use GM modified food, actively discourage the use of convenience food and ensure that all dishes are freshly prepared.

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Lunch Time – hot lunch in the Nursery

- This is cooked in the main kitchen and then served separately in the Nursery.

Lunch Time – packed lunches

- Children who take packed lunches and school dinners eat together.
- We take packed lunches for school trips in accordance with our healthy eating policy.
- We aim to reach a stage where no children have chocolate, crisps or sugary drinks in their packed lunches.
- We aim to support parents in making healthy choices when preparing packed lunches.

Lunch Time – the dinner hall environment

- We aim to make sure children have time to eat their lunch and do not need to rush.
- We aim to move to ‘family service’ in the long term.
- We aim to maintain a calm, orderly and well mannered environment for eating.

Food in the Curriculum

- We exploit opportunities within the existing curriculum to discuss and work with food.
- We recognise that food has great potential for cross-curricula work.
- Staff receive training to make sure they are confident when working with food and their class.
- Formal food education is delivered via the Design and Technology curriculum (see scheme of work and policy). There are also topics in the PSHCE and Science curriculum.

Links to other policies

- This policy has links to the Science, Behaviour, PSHCE, Equal Opportunities and Design and Technology policies.