

Hall Green Primary School



School Food Policy

This policy was formally adopted by the Behaviour, Health and Safety Committee, on behalf of the Governing Body of Hall Green Primary School, on

Signed.....

Name

Introduction

We are committed to giving all our pupils consistent messages about all aspects of health in order to help them understand the impact of their behaviours and to encourage them to take responsibility for the choices they make.

The school supports the '5-A-DAY' ethos to encourage children to eat five portions of fruit and vegetables a 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.

Through effective leadership, the school ethos and the curriculum, school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims

- 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 eat five pieces of fruit or vegetables each day

Settings specifically relevant to the food policy

Breakfast club

The breakfast club operates daily in the school for children whose parents work. It provides for children from reception class age to Y6.

The food offered is healthy and is consistent with a healthy diet – e.g. toast, bread (range of options including white and brown); low-fat spreads; fruit jam, low-salt/low-sugar fortified cereals, semi-skimmed milk.

Children choose from water, orange juice and apple juice to drink.

Snack- time

All our under-5s are entitled to free milk. This is ordered online by parents. The option to order milk is available to all children, but it incurs a small charge if children are over the age of 5 years.

All EYFS children are provided with a piece of toast with low-fat spread each day at snack time.

All EYFS and KS1 children are offered a piece of fruit or vegetable every day.

School lunches and packed lunches

All our school meals are provided by a contracted caterer (SIPs) 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 vegetarian option is available every day and for two days each week there is no meat option available (Meat-free Mondays and Fish Fridays)

All meals provided are in line with nutritional standards for a healthy lifestyle.

Many children bring packed lunch to school. We monitor the content of these as much as it is practicable and appropriate to do so in order to ensure that there is some nutritional balance being provided. Any significant concerns are addressed by contacting parents to discuss alternatives and offer support in the case of particularly fussy eaters.

Water for all

Water is freely available throughout the school day to all members of the school community.

Children may drink water at any convenient time. Access is only restricted when it is judged that this would disrupt learning at a time when it would be reasonable to presume that a short wait would not be detrimental to health.

Food across the curriculum

Across the school, there are many opportunities for pupils to develop a knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

- Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus.
- Maths can offer the possibility of understanding nutrition labelling, 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.
- Computing can afford pupils the opportunity to research food issues using the internet or enable pupils to use technology to design packaging and adverts to promote healthy food choices.
- Food Technology as part of Design & 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.
- Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.
- The school garden has an allotted planter for each year group which can be used to grow fresh produce.
- Health Ambassadors are supported by school staff to undertake activities and initiate projects which inform and support other children to develop healthier lifestyles.

Allergies

We request that all parents provide us with any information regarding allergies their children may have. We request that this information is updated as often as necessary.

All information regarding allergies is stored on the school's management information system (SIMS) and used to inform teachers, lunchtime supervisors and the school kitchen.

Alongside children who have a diet guided by religious beliefs, children with allergies who take school meals are provided with a lanyard. This ensures that there is a visible reminder that they must not be served specific foods.

Partnership with parents and carers

Partnership with parents is a crucial element of developing a healthy mind-set regarding food and drink. However, the financial challenges faced by many of our families alongside an entrenched and historical approach to food which does not always reflect what is needed for a healthy lifestyle, has led us to a more moderate and less judgemental approach than many schools.

We do not “ban” any food or drink, but we do educate and promote all aspects of a healthy lifestyle consistently. This includes promoting moderation in terms of the consumption of less healthy foods and drinks. Our curriculum and numerous other opportunities during the school day seek to educate children and families to make the right choices, rather than choosing for them. We believe that a confrontational approach would be detrimental to many other aspects of school provision as well as failing to achieve the long term aim of all children leading healthy lifestyles.

During times of particular hardship, we do our utmost to support families in sourcing food for their children. This includes provision of vouchers for local food banks and the allocation of food packs provided by various charities e.g. The Albion Foundation.

Since the outbreak of the pandemic we have ensured that all those entitled have received food vouchers to assist them in providing for their families.

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 expertise in this area.

Review

This policy will be reviewed every 3 years.

The next review will be due in July 2026