



Food Policy

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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 their behaviours, and 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.

We have used the following approach to identify what areas we need to change to develop a healthier approach to the issue of food in our school:

- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

RATIONALE

Ledbury Primary School is committed to being 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 about food and healthy-eating patterns.

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.

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 eat five pieces of fruit or vegetables each day

SETTINGS FOR FOOD POLICY

Breakfast & After School Club (Larks & Owls)

The breakfast and after school club operates daily in the school and is available for all children from reception to year 6.

The food offered is healthy and is consistent with a healthy diet – e.g. toast, bread (brown), low-fat spreads, fruit jam, low-salt/low-sugar fortified cereals, slices of fresh fruit.

Children choose from water or milk to drink.

Snack

All our under-5s are entitled to free milk which is organised by school. At LPS we also provide a piece of fruit or vegetable snack for all children from EYFS-KS1. Children in KS2 may bring in a healthy snack for break time.

School lunches and packed lunches

All our school meals are provided by a contracted caterer, Elite Catering, 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. A salad bar is provided and children are encouraged to serve themselves and make healthy options.

Many children bring packed lunch to school. We communicate to parents/carers about the contents of these and we do not allow sweets or fizzy drinks. We actively encourage parents/carers to include healthy options through regular communication including our packed lunch leaflet (Appendix 1)

Water for all

Cooled water is freely available throughout the school day to all members of the school community. Children may drink water at any convenient time.

FOOD ACROSS THE CURRICULUM

Across the school, there are many 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 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, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.
- 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.
- New Technologies 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.
- 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.

- Values based Education encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils can discuss issues of interest to young people, e.g. advertising and sustainable development.
- Music can explore songs which link to the theme of food.
- Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.
- History provides insight into changes in diet and food over time.
- 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.
- School visits provide pupils with activities to enhance their physical development, e.g. to activity centres.
- Out-of-hours learning includes cookery and gardening clubs from time to time.
- Allotment areas are used across the school to encourage children to grow a range of fruits and vegetables which they can then use to cook with.

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 are regularly updated on our water and packed-lunch policies through our newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day.

A letter reminding parents of the fact that we are a 'nut free school' is sent out at the beginning of each academic year, as well as distributed through the new starter and in year admissions packs.

Sometimes, children may complete a cooking activity as part of the broad and balanced curriculum in school. Any items cooked in school may be shared with classmates, at the teacher's discretion. Parents/carers may be informed via the year group twitter pages.

During out-of-school events, e.g. school discos etc., the school will encourage parents/carers to consider the food policy in the range of refreshments offered for sale to the children.

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

The governing board will review this policy in line with its annual cycle of review.

Appendix 1

Packed Lunches



Lunch is an important meal for children to provide energy and nutrients to keep them going throughout the afternoon. A packed lunch made at home can be a healthy and delicious choice and gives you control over the foods and ingredients included. The key to a healthy packed lunch is variety and getting the right balance of foods to provide children with all of the nutrients they need to stay healthy.

What makes a healthy, balanced packed lunch for children?

A school packed lunch should:

Be based on starchy foods

- This can include rice, pasta, bread, couscous, wraps, pitta, potatoes and chapatti and where possible try to choose wholegrain varieties like wholemeal bread and leave skins on potatoes.

Include plenty of fruit and vegetables

- Include 1-2 portions in your child's lunch box and try to vary these throughout the week.
- You could add sliced vegetables into a pasta dish or sandwich.
- Supermarkets often have packs of chopped fresh fruits or individual packs of dried fruits. Keep some of these in the cupboard for those days when you don't have much time to prepare.

Top tip: Make your own individual bags of dried fruit - place a small handful of mixed dried fruits, into food bags or sealed containers to store in the cupboard, this will also keep the costs down!

Include a portion of beans, pulses, fish, eggs, meat, a dairy food and/or a non-dairy source of protein

- Use beans, pulses, fish, eggs, meat and other sources of protein as sandwich fillings or in a pasta or rice salad.
- If you're not including a dairy food in the main lunch item (for example in a salad or sandwich), add in a yogurt or some cheese such as a cheddar stick or cheese string to the lunch box.
- If you're including a dairy alternative, such as a soya yogurt or milk, choose varieties which are unsweetened and fortified with calcium.

Include a drink

- Healthy options include water, semi-skimmed or 1% milk
- You could also give your child fruit juice or a smoothie – but remember, fruit juice and smoothies should be limited to a combined total of 150ml a day. You could always dilute fruit juice with still or sparkling water.

Top tip: School does not have fridge space available for children's packed lunches, so to keep your child's packed lunch cool, freeze a drink to act as a cool pack and it will melt back in time for lunch!

For further information and tips please see the following:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

<https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>

