



WHOLE SCHOOL FOOD POLICY

‘Green Lane – a Big School With a Big Heart’

Green Lane Primary School recognises the important connection between a healthy diet and a child's ability to learn effectively and achieve high standards in school. We also recognise the role a school can play, as part of the larger community, to promote family health. Green Lane primary school is a flagship Food for Life Partnership School. This policy reflects the work being carried out as a flagship school.

Mission

Our mission is to improve the health of the children by teaching them ways to establish and maintain lifelong healthy and environmentally sustainable eating habits. The mission shall be accomplished through food education and skills, the food served in schools, and core academic content in the classroom.

Aims

At Green Lane we aim to:

Food Leadership

- Ensure the whole school and community are kept informed of key changes in relation to food issues in school.
- Build the confidence of parents in the school meal service and improve the take-up of school meals, including free school meals.
- Ensure key staff and teachers have the necessary skills to educate the whole school on food and nutrition topics.

Food Quality and Provenance

- Ensure that pupils and staff are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food which is fresh and includes, where possible, local and organic produce.
- Ensure a fresh water supply during the school day which is easily accessible and separate from the toilet area.
- Ensure that the food provision in school reflects the ethical and medical requirements of staff and pupils e.g. religions, ethnic, vegetarian, medical, and allergenic needs.
- To seek, in conjunction with the catering service, to achieve the Food for Life Partnership targets of 75% freshly prepared, 50% locally sourced and 30% organic ingredients, and to address issues of seasonality, animal welfare and sustainable fishing.

Food Education

- Improve the health of children, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.

- Increase children's knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- Provide a well-planned national curriculum course of study that incorporates messages about nutrition, food hygiene and sustainable and ethical food production, and which is complemented and reinforced by practical hands-on food education like cooking and growing projects (including composting) and farm links.

Food Culture and Community Involvement

- Make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment allowing packed lunch pupils to mix with pupils having a school meal.
- Have regular celebratory meals and events involving food.
- Introduce and promote practices within school to reinforce these aims, and to remove or discourage practices that negate them.
- To give pupils and the wider community the opportunity to acquire basic skills in planning, preparing and cooking healthy meals, and an understanding of basic food hygiene
- To promote a good understanding of healthy and sustainable food in families and the wider community through the involvement of parents and community groups in growing and cooking projects and food events
- To share the learning experience on food issues with other schools and community groups

Objectives

To work towards ensuring that this policy is both accepted and embraced by the following **that are part of the School Nutrition Action Group:**

- Governors
- School Leadership
- Teachers and support staff
- Pupils
- Parents
- Food providers and kitchen / dinner staff
- The schools wider community

To integrate these aims into all aspects of school life, in particular:

- All food provision within the school meets the current school food regulations, during the whole of the school day. This includes times such as:
 - breakfast
 - mid-morning break snacks
 - lunch
 - after school snacks
 - during teaching time
 - across the school day

- The curriculum
- Pastoral and social activities

Methods

- Establish an effective structure to oversee the development, implementation, and monitoring of this policy, and to encourage a participatory approach to meeting the objectives.
- Develop an understanding and ethos within school of safe, tasty, nutritious, environmentally sustainable food, through both education and example.
- Create an environment both physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food.
- Help to promote and raise awareness of environmentally sustainable food throughout the school and community.
- Ensure all food and drink provided, throughout the school day, complies with the current school food regulations, for school lunches and food services other than school lunch.

Integrating an ethos of safe, tasty, nutritious and environmentally sustainable food into the curriculum

Exemplars of food topics covered within the curriculum might be:

- Art e.g. observational drawing of food, healthy eating poster
- PSHCE e.g. menu planning, nutrition, safe snacks and drinks for good oral health.
- Design and Technology e.g. cooking, designing tools, designing foods, identifying hidden sugars on food labels
- English e.g. food diaries and tooth brushing dairies, following instructions.
- Geography e.g. what food grows where, food miles, transporting food, waste.
- History e.g. past diets, dental care/treatment, discoveries.
- ICT e.g. recoding results from a food/tooth brushing survey, website reviews.
- Maths e.g. weights, and measures, consumption of fruit and vegetables intake.
- Science e.g. effects of heat on food, plant growth, nutrition, healthy diet, food chains, and ph levels of popular carbonated drinks compared with healthy options.
- PE e.g. links between healthy eating and exercise.

Dental Health

Dental health should be incorporated into the curriculum and encouraged in school activities.

- Foundation Stage – role-play corner with dental chair, discussions on safe and unsafe snacks for teeth.
- KS1 identifying safe and unsafe snacks for teeth, tooth-brushing activities.
- KS2 – identifying hidden sugar on food labels, pH testing of popular drinks.

- After school club – preparation of safe snacks and extended activities around healthy eating and dental care.
- School nurse to work with teachers to provide additional dental care hygiene education.

Packed Lunches

Green Lane School will encourage the consumption of food and drinks **meeting the current school food regulations:**

- Information to be provided to all parents on entry to the school, with suggestions of healthier food choices.
- Children rewarded through the ‘Healthy Eating Scheme’ for healthy packed lunches.
- Children reminded of healthy food options.

School Lunch Choices

At Green Lane we:

- Ensure that school meals meet the government **school food standards.**
- Monitor the quality of the meals and check availability throughout the serving period.
- Ensure children are aware of, which food are healthier choices and that they are rewarded through the ‘Green Lane Healthy Eating Scheme’, when healthier options are chosen.

Signed.....Headteacher

Signed.....Pupil Representative

Signed.....Chair of Governors

Date: