

**Wootton St Peter's CE Primary School, Wootton Village, Boars Hill,
Oxford, OX1 5HP**

WHOLE SCHOOL FOOD POLICY

Aim

To ensure that all aspects of food and nutrition in school promote health and well being of pupils, staff and visitors to our school.

Rationale

We hope to actively encourage and promote healthy eating as part of a healthy lifestyle. There is much evidence that diet and activity levels as a child are reflected in our bodies into our teenage years and adult life. Healthy eating and being active not only aids physical development but also increases mental capacity and concentration levels. Everyone in school should also respect diversity in diet for example related to faiths, ethnicity and cultural difference.

Objectives

- To encourage children to make informed choices about what they eat and understand that the choices they make can affect their health
- To understand the content and importance of a balanced diet
- To take into account the views of pupils, parents, staff and governors when making choices and decisions about food and nutrition

To achieve this, the school will:

Snacks and Drinks:

- Provide fresh fruit and vegetables daily to children in Foundation, Year 1 and Year 2
- Encourage Key Stage 2 children to bring fresh or dried fruit or vegetables into school for a daily snack, and to provide fruit and vegetables from a daily fruit stall run by class 3
- Make sure all children have access to drinking water both in and outside the building
- Encourage all children to bring their own water bottles to school and refill them regularly

Lunchtimes and Lunchboxes:

- Promote school meals through; menu displays around school, assemblies, and by inviting parents in to try meals
- Provide a cooked meal service in accordance with current national nutritional guidelines, that offer children a choice of healthy, balanced meals (3 week menu cycle)
- Positively encourage healthy lunchboxes, which draw upon different food groups. Information and suggestions about lunchboxes are sent out to parents as appropriate and Healthy Packed Lunch weeks are regularly organised
- Maintain a school policy which excludes children from having sweets and fizzy drinks in their lunchboxes.

- Ensure that meetings are held regularly with lunchtime supervisors to keep them informed of changes to school policy.
- Ensure lunchtime supervisors monitor lunchboxes on a daily basis.
- Encourage the children to try new foods that are offered by the school kitchen
- Provide a clean and welcoming hall environment in which to eat lunches

Curriculum:

- Ensure that curriculum information relating to food and nutrition in different lesson areas is consistent and up to date.
- Plan PSHE lessons to include a health focus.
- Implement Science and DT scheme of work to teach about healthy lifestyles and how to make healthy meals.

Extra Curricular Opportunities:

- Ensure that the School Council takes the lead in monitoring and promoting healthy eating within the school.
- Ensure that BSC and ASC club provides children with healthy choices and promotes healthy lifestyles.

Parents and School Community:

- Outlining our policy requirements to parents through school prospectus, website, and newsletters
- Ensuring staff attend any relevant CPD
- Ensuring that parents of children on special diets for medical or religious reasons, or children with allergies are asked to provide information about appropriate diets

Future Actions

- Continue to promote healthy lunchbox choices with children and parents using balanced plate model, so that children understand the benefits of maintaining a healthy lifestyle.
- Encourage water to be drunk as part of packed lunches rather than fruit juice.

Monitoring and Evaluation

- Staff consultation with pupils through Circle times, Science, PSHE and DT lessons
- School Council to report back to classes and staff after their meetings (see minutes of meetings).
- The Headteacher to report to the governing body annually
- Parental feedback to staff

Date: Sept 2015

Interim Headteacher: Fiona Rose

Healthy Schools Coordinator: Sally Heyden

Review Date: September 2017