



Mission Statement: To love, to learn with God in our hearts

Policy revised: September 2019

Review Date: September 2021

Introduction

We are committed to ensuring that the children in our care grow into healthy adults, this being the first of the five principal requirements of the Children Act 2004 ('Every Child Matters'), i.e. that they:

- are healthy
- stay safe
- enjoy and achieve
- make a positive contribution
- achieve economic well-being

Consequently, this school does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food. Our Whole-School Food Policy is designed to contribute a vital element to our strategy of creating a school environment in which children can thrive. We believe that it is only through a whole-school approach that the key messages about food and drink can be really effectively conveyed. This document sets out our policy on this.

Aims and objectives

- To ensure that all aspects of food and nutrition in school promote the wellbeing of every member of our school community (including pupils, staff and visitors).
- To improve the health of pupils, staff and their families by helping influence their eating habits and increasing their knowledge and awareness of food issues, including what constitutes a healthy and sustainable diet.
- To ensure that children are well nourished throughout the school day and that every pupil has access to safe, tasty and nutritious food and free, safe and easily available drinking water.
- To make the provision and consumption of food a healthy and enjoyable experience. To provide appropriate practical food skills and food education to all our pupils.

The curriculum

We will plan explicit teaching about healthy eating in our curriculum. For example:

- During our Cooking Days (three per term), we will teach children about the preparation and cooking of healthy food. We use the Islington Borough 'Cooking Matters Toolkit' to support us in our teaching and assessment of children's cooking skills.
- In Geography, children will learn where food comes from and how it reaches the shops.

- In Science, we will teach about nutrition and the needs of a healthy body.
- Through Mathematics, we will teach children to measure and calculate size and weight.
- In English, we will provide opportunities for children to discuss, read and write about health-related issues, such as GM foods, and why some parts of the world have a surplus of food, while other parts have famine.
- In Religious Education, children will learn about how food is valued in different societies, and the part food plays in religious custom and practice.
- In Physical Education, children will have the opportunity to learn how their body reacts to exercise, and the importance of food and drink to participation in sport and dance.
- In PSHCE, children will have the opportunity to reflect on food-related issues such as how food is advertised, Fair Trade and how we can enjoy treats without damaging our bodies.

We will also promote healthy eating through the informal curriculum. For example:

- In assemblies we will regularly promote healthy eating.
- International Food Days enable staff, children and parents to try out food from other cultures.
- We will encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle.
- Where appropriate we will organise school visits to outdoor pursuit centres, and provide opportunities for children to explore the natural world.
- Our school site will be fully exploited in the interest of the children's physical and emotional development through playground activities.

The school environment

We will ensure that our school environment promotes healthy eating. For example:

- We will not allow children to bring sweets, crisps or chocolate into school at any time.
- We will not have vending machines on the school site that dispense sweets or chocolate.
- We will encourage children to drink plenty of water by ensuring that they are provided with a water bottle from home, for use at any time, access to cooled water, and regular opportunities to drink water throughout the day.
- Infant children will be encouraged to eat a piece of fruit provided by the National Fruit Scheme.
- Junior children will be encouraged to bring fruit to eat at break times if they wish to have a snack. They will not be allowed to eat crisps or sweets.

School lunches

We will serve only healthy food and drink for our school lunches. The lunches will be prepared by our school contractors, who will not be granted a tender unless they make a commitment to provide healthy food. A basic requirement will be that they

provide a vegetarian option each day, that they always serve vegetables and fruit, and that all lunches have a balanced nutritional value.

The parents or carers of children who bring packed lunches will be made aware of our healthy-school policy, and given clear guidance about what should be included in a healthy packed lunch.

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- A healthy breakfast is provided for Year 2 and Year 6 children before National Curriculum tests.

Role of parents and carers

We will work closely with parents and carers to ensure that the messages about food and drink we give in school are reinforced and supported at home. We expect all parents and carers who send their children to our school to respect our healthy food policy and to support it fully through the food they give their children to bring to school.

Monitoring and review

The governing body will monitor this policy to ensure that our children are taught the importance of healthy eating.

This policy will be reviewed biennially.