



CYRIL JACKSON PRIMARY SCHOOL FOOD POLICY

VISION AND VALUES:



STATEMENT OF AIMS:

- To provide a supportive, stimulating environment in which each child is enabled and encouraged to attain the highest standard of achievement of which he or she is capable.
- To ensure that the curriculum is broad and well balanced following all subjects in the National Curriculum.
- To value each individual's contribution irrespective of race, gender, religion or ability.
- To encourage children to be aware of their behaviour and how it affects other people.
- To recognise that children have a variety of special needs and endeavour to provide appropriately for the needs of individuals.
- To ensure that the curriculum reflects the richness of our multi-cultural society.
- To foster and build on relationships with parents, governors and the wider community.
- To provide a planned process of staff development

AIMS AND OBJECTIVES FOR A HEALTHY SCHOOL

- 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 take part in the '5 a day' campaign

FOOD PROVISION ACROSS THE WHOLE SCHOOL DAY

SNACK

All our under 5s are entitled to milk which is organised by the Early Years Staff. All year groups across the school include a morning snack of fruit to all children, during their breaks. Teachers and adult support are also encouraged to participate in this healthy eating session. The school is part of the Government initiative to provide all FS and KS1 children with free fruit and vegetables during the day. TAs have the responsibility for passing the fruit to others and for helping to clear away. Our school initiative supplies fruit and vegetables for KS2 children which they eat at playtime – no other snack is allowed during break.

SCHOOL LUNCHES AND PACKED LUNCHES

Lunch time meals follow a set menu approved by LA. All meals meet the Healthy Schools standards and adhere to healthy school guidelines. Children across the school dine in either the North or South Building halls for 30 minutes each day. Midday Meal Supervisors support children during eating times as well as TA's. Children are entitled FSM if their parents are on Jobs Seekers Allowance or Income Support.

PACKED LUNCHES

Each year Healthy Packed Lunch Workshops are provided for parents that choose to make their child's lunch on a daily basis. The workshops are designed to encourage parents to

provide meals that support the 5 a day campaign and sufficient not excessive portions. Parents are discouraged to pack artificial foods with high sugar contents. Packed lunches are monitored and checked by Midday Meal Supervisors and TA's. All staff with lunchtime responsibilities report any concerns to the class teacher or either of the deputy head teachers. Packed lunches need to be stored on pegs outside classrooms before lunchtime and returned to respective pegs after use.

BREAKFAST CLUB

Breakfast club is run daily from 8am and provided for all children whose parents wish them to participate. Breakfast club is run in the South Building hall and monitored by Tina Pitfield. Breakfast club recognises the importance of a healthy breakfast to a child's day and, as such staff encourage healthy choices and promote discussions about food during this allocated time.

We now have two spaces for working parents with children of nursery age.

AFTER SCHOOL FOOD CLUBS

Each year there is an after school cooking club which is designated to vulnerable children across the school. This club is designed to promote cooking skills and healthy food awareness. Additionally this club supports children in becoming responsible for their own health and well-being.

WATER FOR ALL

Water is freely available throughout the school day to all members of the school community. No water fountains are located inside toilet blocks. Every child is provided with a clearly named water bottle to store their water in. Water bottles are kept in respective classrooms. The water is freely available to children during the day. Water jugs and cups are provided for children during lunchtime meals.

FOOD ACROSS THE CURRICULUM

In FS, KS1 and KS2, there are a number of 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. Healthy food is celebrated each year during Healthy Schools Week. This time of year is set aside to focus on healthy lifestyles and eating in a cross-curricular context.

Topics year groups may choose links to 'healthy living' as part of their termly topic, e.g. teeth and healthy living,

Literacy should provide 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 through labelling, calculating quantities for recipes, weighing and measuring ingredients, while promoting fitness through data collection and entry. Teachers are to take this topic into consideration during mid-term planning sessions.

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. Children learn about nutritional needs related to medical conditions e.g. food allergies, diabetes.

ICT 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.

PSHE encourages young people to take responsibility for their own health and wellbeing, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments. FS also encourages healthy food awareness through a range of songs that are sung throughout the day and during snack times.

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 that 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.

Cookery is a regular activity throughout the school and at the After School Club. During food preparation we ensure that children wash their hands, and that surfaces are clean and hygienic.

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 school newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day. During out of school events, eg school discos etc., the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered to the children.

EVENTS

There are occasions when year groups will have class celebrations, in which it is promoted that children bring home made snacks and dishes to share. Sweets may be shared at occasion like this however they are monitored in moderation by the class teachers. Healthy Schools Week is runs annually on both school sites. This is a week committed to studying, celebrating and enjoying healthy living in places around the world. The week is themed and integrated across the curriculum: for example Healthy Schools Week 2012 and the Olympics.

ROLE OF THE GOVERNORS

Governors monitor and check that the school policy is upheld. Staff are responsible for the curriculum development of the Food Policy. The Head teacher is responsible for supporting colleagues in the delivery of the Food Policy.