



Stone Hill School Whole School Food Policy

Approved by: Pupil Wellbeing Committee

Date: 22nd November 2018

Signed:

A handwritten signature in black ink, consisting of a series of loops and a long horizontal stroke.

Review Date: November 2020

To be reviewed every 2 years

Stone Hill School Whole School Food Policy

In our school, we are committed to giving all our pupils consistent messages relating to all aspects of health to help them understand the impact of particular behaviour and encourage them to take responsibility for the choices they make.

This policy should be read alongside the school's PSHCE, Drug and Relationships and Sex Policies.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day; this has been shown to be helpful in tackling childhood obesity.

Rationale

- Stone Hill is a healthy school. It is important that we consider all elements of our work to ensure we promote health awareness to all members of the school community. We can provide a valuable role model to pupils and their families with regard to 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 pupils to take part in the '5 a day' campaign.

Settings for food policy

- We do not use vending machines in school
- Breakfast operates on a daily basis for both upper and lower schools. This is well staffed to ensure all pupils are accessing the facility. The food offered is healthy and is consistent with a healthy diet. We provide cereals white and wholemeal toast, low fat spread, sugar free fruit jam and fresh fruit. Drinks available include milk and fruit juice
- Lower school pupils are included in the Government initiative to provide all KS1 & 2 pupils with fruit and vegetables each day.

Water

- Cooled water is freely available to all pupils throughout the day. All pupils are issued with water bottles and encouraged to drink regularly.

School & Packed Lunches

- Our school meals are provided through and cooked by DMBC Schools Catering Service. Menus are provided on a three week cycle and include a vegetarian option each day, salad bar, fresh fruit and sugar free puddings
- Some pupils bring packed lunches. We encourage parents and carers to provide healthy food and do not allow fizzy drinks. We use the school newsletter to provide suggestions for healthy lunchboxes

- We are very conscious of individuals' dietary requirements, whether they arise from personal choice or medical necessity. A great deal of thought goes into providing a varied and original daily vegetarian dish and our catering team is always willing to assist with advice regarding other dietary needs. We avoid using nuts or nut products in our cooking but acknowledge that there can be no absolute guarantee that cross contamination has not occurred somewhere in the food chain beyond our control.

Food across the curriculum

There are opportunities right across the Curriculum for pupils to develop knowledge and understanding of health including healthy eating patterns and practical skills of shopping for and preparing and cooking food.

- Science provides an opportunity to learn about food types, nutritional value, digestion and how the body responds to exercise
- P.E. encourages pupils to understand the practical impact of sport, exercise and other physical activity such as walking, dance and canoeing. School visits provide pupils with opportunities to enhance physical development e.g. Activity Centres and Duke of Edinburgh expeditions
- PSHCE 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. Lessons are mainly based around group discussions and pupils are encouraged to participate and discuss issues important to them
- Food 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.

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. **We try to ensure parents and carers are updated regularly on our water and packed lunch policies through ½ termly newsletters.** We ask parents and carers not to send in fizzy drinks, chocolates or crisps
- Healthy food and lifestyle issues are regularly raised at School Council and relayed to all our pupils and staff.

This policy will be reviewed every two years basis to take account of new developments.