

Title	Author	Reviewed and Approved		Review Date
Food	L Hobson	SLMT	1 st Sept 2019	July 2022

Whole School Food Policy.

Introduction

At Selby Community Primary School we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

Rights Respecting Schools

Selby Community Primary School has achieved Unicef's Rights respecting Schools Gold award.

The Whole School Food policy links to:-

Article 24: Children have the right to good quality health care, safe drinking water, nutritious food, a clean and safe environment so they will stay healthy.

Rationale

At Selby Community Primary School we recognise the importance of a healthy life-style and diet, and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. We also recognise that there is a strong link between a healthy diet and effective learning.

We aim to ensure that at Selby Community Primary School we educate all our children about healthy lifestyle choices to ensure that they go out into the wider community equipped for a long and happy life.

Aims and Objectives

At Selby Community Primary School we aim to:

- Improve the health of our school community by influencing their eating habits through increasing their knowledge and awareness of a healthy diet, and how to ensure that the food is prepared hygienically;
- To give our children, parents and staff the information they need to make healthy choices;
- To ensure that we are giving a consistent message about food and health throughout the school day and maximise opportunities to promote a healthy diet;
- To ensure that the food and drink available throughout the school day meets government standards for food in school and to make the provision and consumption of food an enjoyable and safe experience;

- To build the confidence of parents in the school meal service;
- To support the provision of healthy packed lunches;
- To ensure that the food provision in school reflects the ethical and medical needs of staff and pupils, e.g. catering for religious groups and vegetarians and people with food-related allergies.

The Curriculum

The school will enrich children's experience of food, physical exercise and healthy balanced diets through the creative curriculum. A range of skills and understanding will be developed through a range of teaching approaches and resources. Curriculum content will focus on:

- The importance of food groups and the role they play in promoting growth;
- The development of strong healthy bodies;
- What constitutes a balanced diet and the proportions advocated by the 'balance of good health' model;
- An understanding of cultural diversity;
- The development of respect and understanding towards the beliefs and attitudes of others;
- The sustainability of our food supply and the effect on our planet.

The Dining Environment

The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and staff.

It is also committed to the following:

- Help for children (particularly young children) who find the physical process of school dinners or packed lunch difficult – for example, carrying trays, opening tubs or packets;
- Encouraging all children to eat the food they have been provided with;
- Provision of water jugs, containing clean water and beakers;
- Teaching children the importance of washing their hands before eating.

School Meal Provision and Packed Lunches

Children and staff at Selby Community Primary School have the choice of purchasing a school meal or bringing a packed lunch from home.

The school works to create a sociable dining environment and to encourage the development of good table manners. Children all eat together in the school hall and are encouraged to take their time to eat their dinner and to eat as much of it as possible.

The school is dedicated to providing a balanced menu of school dinners. The Headteacher, has the responsibility for ensuring that the school's meals providers, North Yorkshire County Caterers, offer a wide range of nutritious and attractive meals to children that meet the Government nutritional standards for school lunches and to ensure children with individual dietary needs, due to medical, cultural or religious reasons are catered for appropriately.

Feedback will be sought from parents and children, to monitor and evaluate the food provision.

Parents are encouraged to support the school's food policy by providing a healthy, balanced packed lunch. The school encourages healthy packed lunches and works with families to give advice and support where necessary.

Provision of food and drink during the school day

KS2 children are encouraged to bring a healthy snack in from home to eat at morning break. KS1 children are provided with a portion of fruit or vegetable through funding from school or through the National School Fruit and Vegetable Scheme.

The school runs a breakfast club and after school club. These also follow the school food policy.

Everyone has a right to access clean drinking water. We encourage children and staff to drink water at school.

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. This is not always easy but we aim to lead by example.

Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring

The Headteacher is responsible for supporting colleagues in the delivery of the Food Policy. The Headteacher will report to the Governors on the extent to which lunch providers conform to the Regulations in terms of content, cost and provision, and the numbers of pupils receiving free school meals.

The Headteacher, classroom staff and lunchtime staff monitor this policy on a day-to-day basis.

Surveys of pupils and parents will be undertaken at regular intervals to establish the level of satisfaction with the quality of meals offered.

Review

This policy will be reviewed in July 2022.