

Healthy Eating Policy
Sidmouth Primary School
May 2008

Philosophy Statement

At Sidmouth Primary School we recognise the importance of food in our lives. We know that healthy eating is vital for good health and we understand that there is a strong link between a healthy diet and effective learning. We also recognise the importance of food related knowledge in enriching social development, and in celebrating and increasing our appreciation of cultural diversity. Additionally, we recognise that sharing food is a fundamental experience of all people and that it is an excellent activity for being sociable and building friendships. Sidmouth Primary has gained the Healthy Schools Award and appreciate that 'Being Healthy' is one of the five important outcomes of 'Every Child Matters'.

Definition

Our educational mission is to improve the health of children and families by encouraging life-long healthy eating. The Food Standards Agency defines a healthy diet as one that contains lots of fruit and vegetable; is based on starchy foods such as wholegrain bread, pasta and rice and is low in fat (especially saturated fat), salt and sugar.

Aims and values

At Sidmouth Primary 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 food is prepared hygienically.

To provide access to tasty nutritious food and an easily available water supply throughout the school day.

To increase the pupils' knowledge of where their food comes from, food production, manufacturing, distribution and marketing and how these impact upon their own lives and the environment.

To ensure that the food provision in school reflects the ethical and medical needs of pupils, e.g. catering for the needs of religious groups, vegetarians and people with specific food-related allergies.

To make the provision and consumption of food an enjoyable and safe experience.

Teaching approaches

Our aims are worked towards in lessons through a cross-curricular approach, through shared eating times and through social and pastoral activities. Examples of how healthy eating is linked with other curriculum areas;

Literacy – writing instruction – menus and recipes

Numeracy – weighing and measuring

Science – healthy bodies, food groups, how plants grow, life cycles

RE – diversity of other cultures and their food

Geography – where our food is grown

History – what people used to eat – link with Tudors, Victorians, Egyptians, WW2

SMSCE – fair trade, Christian aid, Water aid

Art – drawing and painting

D&T – making biscuits, bread, fruit salads, healthy sandwiches.

Outside agencies

Our meals are provided by 3 Crowns catering. They work hard to improve the quality of the food and to provide lunches children enjoy eating. Meals are cooked off site and transported to our school in heated containers. The government has issued new food standards for food served or purchased in school. Our breakfast club will follow these guidelines as well as 3 Crowns Catering.

We also work closely with the school nurse who works with the children on specific projects such as ‘making a healthy smoothie’ and basic food nutrition.

Inclusion / equal opportunities

All children are actively encouraged to take part in all lessons relating to healthy eating. We aim to achieve a quality provision of knowledge which reflects the ethical and medical requirements of staff and pupils.

Assessment

Assessment will follow school policy. See separate policy for details.

Review

This policy will be reviewed by The Head teacher. Next review date is March 2010.

Resources

Resources are kept centrally in a store as well as in individual classrooms. Teachers are responsible for looking after their own resources. If any additional equipment is needed, a request should be submitted.

Health and Safety

It is part of our normal school procedure that the children will be reminded to wash their hands after using the toilet and before eating.

Children are provided with a named water bottle, which they can refill in school. Fizzy drinks and sweets are not permitted in school at all.

Food will be stored in appropriate places. Parents should keep the school informed if there are food allergies or food related problems concerning their child. The school will provide parents with information about food in schools, healthy lunch boxes etc.

All staff involved in the preparation of food will be aware of food safety and hygiene.

Named person staff / governor

..... is responsible for all aspects of Food in Schools.
..... is the governor who holds responsibility.

Monitoring

This policy will be monitored by on a regular basis. It is our intention at the next review to consult with parents, the wider community and pupils to establish any additional needs or requirements.