

# South Otterington Church of England V.C. Primary School

## Food Policy - Whole School

This whole school food policy expresses a common vision of the ethos, status and role of food within our school. It is a statement of the values to which the school is committed and brings together all aspects of food.

### Aim:

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to our school.

Food in school includes:

- The formal curriculum e.g. subjects such as design and technology, science, personal, social, health education and citizenship. The equipment available and the resources required plus continuing professional development for staff.
- Participation in national events and initiatives e.g. National School Fruit and Vegetable Scheme, Health and Wellbeing Award.
- Provision of food in school e.g. break and lunch times, fluid consumption and use of food as a reward.
- Consumption of food in school e.g. the eating environment, times and style. Pupils bringing food to school such as packed lunches or snacks.
- Events in school.
- Pastoral care and welfare issues e.g. behaviour, food allergies, free school meals.

### Organisation

We intend to:

1. Ensure information relating to food and nutrition within the formal curriculum is consistent and up to date.
2. Involve children in making healthy decisions e.g. opportunities to choose a lunch menu, bringing healthy snacks and lunch boxes.
3. Highlight the importance of healthy eating with healthy eating weeks.

4. Encourage the drinking of water by staff and pupils.
5. Reward achievements with healthy food, for example raisins, when appropriate.
6. Ensure staff are kept up to date about relevant food information and new initiatives.
7. Use snack times and lunch times as a means to promote appropriate behaviour and regard for healthy food uptake and appreciation.
8. Use circle time within the formal curriculum as a useful forum for discussions relating to food issues and allow children opportunities to be involved in decision making on wider school basis.
9. Inform parents of the terms of eligibility for free school meals.
10. Provide the opportunity for parents to purchase milk for their children to be drunk on a daily basis.

### Monitoring and Evaluation

Evidence can be gained from lesson samples where food and nutrition is a focus within the formal curriculum.

The Health and Wellbeing Award task team evaluate the ongoing action plan objectives which are linked to making healthy eating choices.

Uptake of school meals, including free meals, monitored by administrative staff.

Staff monitor drinking of water on a regular basis.

The informal assessment of lunch box contents, children's dialogue regarding healthy food and water intake can be gained on a more ad hoc basis. This will still form part of an overall picture of the regard the school holds for the importance of supporting healthy eating throughout the day.

**County Caterers Link** <http://www.northyorks.gov.uk/index.aspx?articleid=2992>