

Beech Hill School **Food Policy**

Background Information

Beech Hill is a large community primary school for children aged 3-11. The school presently has over 570 children on roll. The school has more than the average number of pupils with special educational needs on role and it has over 25% of children on free school meals. The school serves a community mainly of a Pakistani and Bangladeshi background with high levels of social deprivation and high levels of poor dental health.

Rationale

The purpose of this policy is to set guidelines for healthy eating and drinking within the school which are clear to all in the school community. Establishing good eating habits among children is essential to their health now and in the longer term. A healthy diet will help children to be more receptive to teaching and to be more active. It will also establish good eating habits at an early age which will help to ensure healthy adult lives. The governing body recognises its responsibility for setting a strategic framework for the school's food policy and for monitoring its implementation.

Legal Requirements

As part of the review the school considered the recommendations made by the School Meals Review Panel, published in October 2006. Under the 2004 Children's act schools are required to respond to the Every Child Matters Agenda. Healthy Eating makes particular reference to the following objectives:

- Children and Young People are physically healthy
- Children and Young People are mentally and emotionally healthy
- Children and Young People live healthy lifestyles
- Children and Young People achieve stretching national educational standards at primary school
- Children and Young People engage in decision making and support the community and environment

Aims of Healthy Eating

Beech Hill Primary school recognises that in order for pupils to achieve their full potential, there is an important connection between a healthy diet and a pupil's ability to learn effectively, as a result of improvements in concentration and behaviour. The school also recognises the role the school can play, as part of the wider community, to promote family health.

The school aims to:

- Improve the health of pupils and staff, and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues.
- Present consistent, informed messages about healthy eating within school through all school practices.
- Ensure the provision and consumption of food and drink is an enjoyable and safe experience for all and ensure pupils have easy access to water throughout the school day.

The school will work towards these aims in partnership with the parents/carers, catering staff and health professionals.

Other school policies which have relevance to Healthy Eating are:

- PSHE and Citizenship
- PE

Related Awards

- Healthy Schools Award
- Activemark

Content

The Healthy Eating programme will be revisited from year to year taking account of pupils development and the spiral curriculum concept. The content of the healthy eating education programme including learning outcomes, will be based on the recommended programme using 'Health for Life' as a framework.

Organisation

Healthy Eating will be co-ordinated by the PSHE co-ordinator.

Delivery will be:

- as topics
- through planned aspects of PSHE, science, DT, Geography and RE
- addressed occasionally in assembly time
- through special performances
- through pastoral time e.g. circle time, an opportunity to discuss the emotional links with food
- through story time
- through the Early Learning Goals
- through extra-curricular activities e.g. cookery clubs, gardening clubs
- through special projects e.g. healthy eating sessions, tasting sessions, competitions

Food Provision throughout the day

School Fruit and Vegetable Scheme and Break Time snacks

The school is fully involved in the School Fruit and Vegetable Scheme which provides every child aged 4 to 6 with a free piece of fruit. KS1 and reception pupils therefore have fruit/vegetables for break time no other snacks are permitted, this applies to the whole school. The school runs a healthy tuck shop for older pupils. The children can purchase fruit/vegetables, whole meal toast and pure orange juice from this tuck shop for 10p a day.

Packed Lunches

Parents/carers are encouraged to provide healthy packed lunches for their children. Fizzy drinks, chocolate and sweets are not permitted in packed lunches or as snacks. Healthy packed lunch suggestions are promoted on a regular basis through the school's newsletters and leaflets. All packed lunches are stored away from direct sunlight at a cool temperature. Pupils are encouraged to bring packed lunches in a cool bag.

School lunches

Parents are kept informed of lunches available and will have opportunities to sample some of the food offered to their children. Lunch menus will be supplied to parents to enable children to talk about their lunch choices at home.

Free School Meals:

The school recognises the particular value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised.

Water Provision

All pupils have access to drinking water at all times pupils have access to their own water bottles in all lessons at all times.

Bringing Food to School

The school does not permit any food to be brought to school with the intention of sharing of other pupils.

Reward systems

All staff recognise the need for consistent messages about healthy eating within school. Sweets and chocolate are not used to reward good behaviour or work. See the schools rewards systems for details.

School Community Event e.g. PTA

Any PTA/ fundraising events involving the provision of food will sit within the healthy eating and Food Safety policy of the school.

Lunch Time – the dinner hall environment

Staff are encouraged to eat in the dinner hall with the children and free lunches are available to staff each week in order to help with this objective. This helps to keep the environment clean, promote good manners and conversation and support children in making healthy choices with their food.

We aim to make sure children have time to eat their lunch and do not need to rush.

Food in the Curriculum

We exploit opportunities within the existing curriculum to discuss and work with food. We recognise that food has great potential for cross-curricula work. Formal food education is delivered via the Design and Technology curriculum (see scheme of work and policy). There are also topics in the PSHCE and Science curriculum.

Extra-Curricular Activities

Cooking Club

Cookery club is organised as part of our Extended school's activities. Attendance is on a voluntary basis,

Gardening Club

The Gardening Club meet once a week. They are responsible for maintaining the garden area. Fruit and vegetables are grown which are then taken home to encourage parents to cook them.

This year's Summer School activities have been based around the 'Healthy Living' theme.

Schemes and events

We try to participate in as many food-related events and schemes as possible as long as they consolidate the aims outlined in this policy. Events include Food Week and the Focus on Food campaign.

Inclusion

We are aware some children have particular dietary needs and aim to accommodate these children in our food provision. All children have the opportunity to take part in activities and events that promote healthy eating. Those children that have barriers to learning (including physical disabilities/limited English) are supported to ensure full participation.

Dissemination of the Policy

All staff members and governors will receive a copy of this policy. A copy is available to view at the office upon request, and a short summary of this policy will be included in the school prospectus. A copy of the policy is also available on the school web-site.

Assessment and Recording

Teachers assess the children's work in Healthy Eating both by making informal judgments as they observe them during lessons and by doing formal assessments of their work, measured against the specific learning objectives set out in the National Curriculum. We have clear expectations of what the pupils will know, understand and be able to do at the end of each key stage.

Monitoring and Review

- This is a working policy – this draft will go to consultation with the whole school community, including children, parents, school staff (including catering staff) and
- We will review this policy every two years. The PSHE co-ordinator arranges visits to the school from any relevant representative from a partner organisation who is involved in supporting the PSHE provision.

REVIEW OF THE POLICY

Signature of Principal and Chair of Governors

_____ Principal

_____ Chair of Governors

Policy approved by governing body June 2013