

Food and Nutrition Policy

Introduction

At St. Peter's C.E. Primary School we recognise the important connection between a healthy diet and the ability to learn effectively and achieve high standards in school. We recognise the role the school can play in promoting family health, establishing and maintaining life-long healthy and environmentally sustainable eating habits. This will be achieved through food education and skills (such as cooking and growing food), the food served in schools (which we ensure meets current guidelines), and core academic content in the classroom.

Aims and objectives

- ◆ To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- ◆ To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- ◆ To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty and nutritious food, and a safe, easily available water supply during the school day.
- ◆ To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- ◆ To make the provision and consumption of food an enjoyable and safe experience.
- ◆ To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

Context

We teach food and nutrition in the context of the school's aims and values framework. We integrate the aims of our policy into all aspects of school life in particular

- ◆ Food provision within the school
- ◆ The curriculum
- ◆ Pastoral and social activities

The National Healthy School Standard

St. Peter's participates in the National Healthy School Standard scheme, which promotes food and nutrition. As participants in this scheme we:

- ◆ consult with parents on the food and nutrition policy;
- ◆ train all our teachers to teach about aspects of food and nutrition education;
- ◆ listen to the views of the children in our school regarding food and nutrition;
- ◆ look positively at any local initiatives that support us in providing the best food and nutrition teaching programme that we can devise.

Organisation

We teach food and nutrition education through different aspects of the curriculum.

- ◆ Art e.g. observation drawings of food, healthy eating poster design
- ◆ PSHCE e.g. menu planning, nutrition
- ◆ Design and Technology e.g. cooking
- ◆ English e.g. food diaries, following instructions
- ◆ Geography e.g. what food grows where, food miles, transporting food, waste
- ◆ History e.g. past diets, discoveries
- ◆ Information Technology e.g. recording results of a food survey, website review

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- ◆ Maths e.g. weights and measures
- ◆ Physical Education e.g. links between healthy eating and exercise
- ◆ Science e.g. effects of heat on food, plant growth, nutrition

In addition other activities support curriculum work e.g. tasting sessions, healthy eating projects, Happy to be Healthy days, guest speakers, school gardens.

The role of parents

St. Peter's is well aware that the primary role in children's food and nutrition education lies with parents and carers. We wish to build a positive and supporting relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective we:

- ◆ inform parents about the school's food and nutrition policy and practice;
- ◆ answer any questions that parents may have about the food and nutrition education of their child;
- ◆ take seriously any issue that parents raise with teachers or governors about this policy or the arrangements for food and nutrition education in the school;
- ◆ encourage parents to be involved in reviewing the school policy and making modifications to it as necessary;
- ◆ inform parents about the best practice known with regard to food and nutrition education, so that the teaching in school supports the key messages that parents and carers give to children at home. We believe that, through this mutual exchange of knowledge and information, children will benefit from being given consistent messages about their diet.
- ◆ inform parents about monthly school lunch menu via our website and the parents' notice board

The role of other members of the community

We encourage other valued members of the community to work with us to provide advice and support to the children with regard to food and nutrition education. In particular, members of the Local Health Authority, such as the school nurse and other health professionals, give us valuable support with our food and nutrition programme.

We actively involve the school cooks and governors in the monitoring of food choices and menus through attendance at workshops and producing menu boards for each class.

The role of the head teacher

It is the responsibility of the head teacher to ensure that both staff and parents are informed about our food and nutrition policy, and that the policy is implemented effectively.

The head teacher liaises with external agencies regarding the school food and nutrition education programme, and ensures that all adults who work with children on these issues are aware of the school policy, and that they work within this framework.

The head teacher monitors this policy on a regular basis and reports to governors, when requested, on the effectiveness of the policy.

Monitoring and review

The governing body monitors our food and nutrition education policy on a regular basis. Governors require the head teacher to keep a written record, giving details of the content and delivery of the food and nutrition programme that we teach in our school.

