

## Henry Prince First School

### Food Policy

#### Aims

At Henry Prince First School we are committed to the promotion of a healthy life style for our pupils. Within this aim we feel that we have a responsibility to ensure that all members of the school community are able to make informed choices about the importance of food.

#### Objectives:

- ◆ To raise awareness within the school community of the importance of a balanced diet.
- ◆ To develop the pupil's knowledge and understanding of food and how to make healthy choices.
- ◆ To ensure that all aspects of food and nutrition in school promote health and well being of pupils, staff and visitors to school
- ◆ To actively promote healthy lunch-boxes and snacks within school.
- ◆ To enable all pupils access to water within the classroom at all times.

#### Food throughout the School Day

The school community has agreed to promote a balanced diet through the following approach to food throughout the school day:

**Birthday treats-** We recognise and discuss with the children that a healthy diet also includes occasional treats. Therefore, children are allowed to bring in a birthday treat of their choice to share in their class.

**School parties-** Healthy options such as fruit platters, salad bowls and vegetable crudities are promoted along with the usual party food items.

**Trips-** A balanced packed lunch is encouraged when children go out of school on a trip. Fizzy drinks and more than one chocolate bar are not allowed.

**Storage of food-** Packed lunches are stored in the fridge in the staff room.

**Water-** All children have access to fresh drinking water. Pupils either bring a water bottle each day, which can be re-filled or younger children have access to water fountains in their classrooms.

**Milk-** Early Years children (Nursery and Reception) receive a drink of milk and a healthy snack each day.

No pupils go off site at lunchtime and no vending machines are sited on the school premises.

#### Curriculum Content

Developing pupil's ability to make informed food choices covers a range of curriculum areas and will include: -

Foundation Stage :        Personal and Social Education  
   Knowledge and Understanding of the World

Key Stages 1 & 2:        Personal, Social & Health Education  
   Science  
   Design and Technology  
   Religious Education  
   Physical Education

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
- ◆ an understanding of cultural diversity
- ◆ the development of respect and understanding towards the beliefs and attitudes of others.

The medium term plans for each of the Foundation Stage, Key Stage 1 and Key Stage 2 will detail the learning objectives and activities within each class.

### **Teaching & Learning Styles**

Teachers are very aware that children have a variety of learning styles which reflect the dominant side of their brain therefore a variety of teaching styles will be employed to ensure that all pupils make the maximum amount of progress within each key stage. Activities will include: -

- ◆ discussion groups
- ◆ grouping and classifying foods
- ◆ data collection
- ◆ visitors e.g. school nurse, dentist ( all visitors will be in accordance with the requirements of the Children Act 1989- teachers will remain in the classroom at all times whilst a visitor is talking to the children)
- ◆ Using ICT to research and record findings

### **Continued Professional Development of Staff**

Staff training needs will be met in a variety of ways including staff meeting updates, Cluster training and use of external providers for specific training needs such as Basic Food Hygiene training.

### **Specific Issues**

Pupils with special nutritional needs, eating disorders or religious dietary requirements will be catered for as far as possible within the school. Parents must advise school of any special requirements when their child starts school, or if any changes occur during the child's time at school. If the pupil has school meals advice will be sought from County Catering Service. Parents must also make information available to school of important information that links food with behaviour including hyperactivity, cultural or social issues.

### **Monitoring and Evaluation**

Monitoring and Evaluation of pupil progress will be in accordance with the relevant policy and will be carried out by class teachers, nursery nurse and teaching assistants on a termly basis specifically related to the objectives outlined in the medium term topic plans. Progress of the school in sustaining and re-accreditation of the Health Schools Award for Healthy Eating will also be subject to quantitative and qualitative measures of progress as outlined in the Healthy Schools Action Plan and will be monitored on a regular basis by the Headteacher and PSHE Co-ordinator, Miss A Greene.

### **Communication/Dissemination of the Policy**

The policy will be disseminated in the following ways: -  
Staff Meeting  
Induction of Staff