

Colham Manor



Primary School

School Food / Healthy Lifestyle Policy

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Policy Written: Spring 2013

Policy Reviewed: Autumn 2017

Date of Next Review: Autumn 2019

Signed:

Date:

Colham Manor Primary School

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Introduction

As a Health Promoting School, Colham Manor is committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy lifestyle is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

As a school we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.

We recognise the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school, we also recognise the role the school can play, as part of the wider community to promote family health and an understanding that balanced nutrition contributes to a person's health, happiness and general well-being.

Aims and Objectives

- To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- To ensure pupils are well nourished at school and that every pupil has access to safe, good quality, nutritious and tasty food and a safe, easily available supply of drinking water during the school day.
- To ensure that food provision in school acknowledges the ethical and medical requirements of pupils and staff e.g. religious, vegetarian, and allergenic.
- To involve pupils and staff in decisions which affect the quality and variety of food provided at school.
- To make the consumption of food an enjoyable, safe and socialising experience.
- To promote practices within the school to reinforce these aims and to remove or discourage practices that negate them

Curriculum

- We regard food education as a whole-school issue and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.

- Food education forms an important part of our schools curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through Science, Technology and PHSE.
- All pupils will have the opportunity to learn about food preparation and where food comes from, participate in growing activities and learn about the effects certain foods can have on their short and long term health.

Specifics

- **Free Fruit and Vegetable Scheme**
Colham Manor is fully involved in the free school fruit and vegetable scheme, which provides every child aged 4 to 6 with a free piece of fruit each day. This is eaten during morning break. Left over fruit is further distributed or used within school in the kitchen to reduce waste.
- **Breakfast Club**
Breakfast is available each morning. Wholegrain cereals, toast, fresh fruit and a selection of healthy beverages along with a daily special are served by the catering department.
Children who eat a good breakfast perform better in school, pay more attention, are more creative and think better
Children who eat a good breakfast are less likely to be overweight.
- **School Meals**
Colham Manor provide their own catering service.
The meal provision exceeds government nutritional and school food standards. Food provided meets ethnic, allergenic, vegetarian and religious needs, is high quality and prepared and served by trained staff. Creative serving methods encourage pupils to eat a balanced meal.
- **Packed Lunches**
Refer to packed lunch policy

Responsibilities

- **COLHAM MANOR:**
 - To ensure staff and parents/carers are informed about the Healthy Eating Policy and that the policy is implemented effectively.
 - To liaise with external agencies regarding the healthy eating education programme and ensure that all adults that work with children on these issues are aware of the school policy and work within this framework.

- To monitor teaching and learning about healthy eating and oversee the content of the curriculum maps to ensure that all pupils have the opportunity to learn about healthy eating.
- To provide food education workshops for parents/ carers and the wider school community.

- PARENTS/CARERS:
 - Ensure that their children receive a healthy balanced diet
 - Encourage their children to try a variety of foods
 - Encourage their children to make healthy food choices

The primary role model in children's food education lies with the parents/carers

We wish to build a positive and supportive relationship with the parents/carers of children at Colham Manor through mutual understanding, trust and co-operation.

Equal Opportunities

This policy applies to and seeks to reflect the cultural diversity of the pupil body and consideration of special dietary needs and food preferences and practices.

Policy Reviewed: November 2017

Next Review Date: November 2019

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Signed: