



The Grove Junior School



Food Policy

Date adopted by the Governing Body:

Date amended: May 2018

Date for review: May 2020

Headteacher: Maggie Clifford

Chair of Governors: Katharine Richardson

Held by: School Improvement Committee.



THE GROVE JUNIOR SCHOOL

Whole School Food Policy

Rationale

We believe that an active lifestyle and well balanced diet can enhance the health of children. The Whole School Food policy allows The Grove Junior School to support Government initiatives and the individual needs of some pupils by developing and maintaining a shared philosophy on all aspects of food and drink. It provides a public statement which demonstrates how The Grove Junior School cares for and makes a positive contribution to the health and welfare of pupils, staff and other stakeholders.

Aim

As part of our Healthy Schools Status, we 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.

Objectives

1. To ensure that we give consistent positive messages about food and health
2. To enable our pupils to make healthy food choices through the provision of the information they need to make healthy choices
3. To promote health awareness and opportunity to develop appropriate skills and attitudes
4. To contribute to the healthy physical development of all members of our school community

Equal opportunities

At The Grove Junior school we believe that every child is entitled to safe and appropriate provision of food and drink in order to stay as well nourished and healthy as possible and maintain and develop their existing skills in eating and drinking. We promote a positive and healthy attitude towards nutrition which takes account of medical complexity and individual diversity.

Curriculum

This is addressed through:

1. Curriculum content

There are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

English lessons provide children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus. Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients. Science provides an opportunity to learn

about the types of food available, their nutritional composition, digestion and function of different nutrients in contributing to health and how the body responds to exercise. Other curriculum areas also provide many opportunities linked to food and health.

2. Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and including group discussions and role play.

3. Leading by example and staff training

Teachers, caterers and school staff have a key role in influencing pupils' knowledge skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

4. Visitors in the classroom

We believe it is the responsibility of the school to ensure that the contributions made by visitors to the school reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of any visitor's talk is suitable for the ages of the pupils.

5. Resources

Resources for the teaching of healthy eating in PSHE have been selected to compliment the delivery of the curriculum in other subject areas. A wide range of materials is used and are clearly linked to the term's programme of work. Books are available for pupils in the library.

Food and drink provision throughout the school day

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirement. An external provider operates a breakfast club that provides a nutritious meal for those attending before the school day.

Snacks

The school understands that snacks can be an important part of the diet for a young person and can contribute positively to the balance of good health. Children are encouraged to bring in their own healthy, sugar free snack including fruit, vegetables or dried fruit at break time. In Year 4 children are also encouraged to bring a fruit snack for after swimming lessons. A break time snack prepared by Herts Catering Ltd is available from the school canteen. The snacks offered adhere to the National Nutritional Standards for Healthy Schools.

School lunches

All our school meals are provided by Herts Catering who have a Healthy Food Policy- is this still the case as part of their tender. This includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot and cold options, both of which comply with the National Nutritional Standards for School Lunches. Menus are put on the website for parents/carers so that they can discuss with their children what they are going to choose to eat.

Packed lunches

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches. The school encourages parents and carers to provide children with packed lunches that complement these standards. We regularly include newsletter items about the contents of their packed lunches, so as to support families in providing a healthy lunch. We do not allow sweets or fizzy drinks in their lunch boxes.

Water for all

All children are encouraged to bring named, clear water bottles to school daily. Water is freely available throughout the school day to all members of the school community. Children may drink their water at any appropriate time.

Allergy Advice and Food Intolerance

Parents are required to notify the school if their child has any known food allergies or intolerance. This information is shared with class teachers, secretarial staff and catering staff. Parents are asked not to provide nuts or other products as a playtime snack for this reason and any food items brought in to school for sale purposes are required to be clearly labelled if nuts are included. Staff are trained in recognising food allergy symptoms and are aware of medical procedures.

Partnerships with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other.

Parents and carers are regularly updated on our water and packed lunch policies through school and class newsletters. We remind them that only water may be drunk during the school day, except at lunch time when children may drink juice or squash.

During out of school events e.g. school discos etc; the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered to the children.

The Grove School work together with the after school/breakfast club (Fusion) to ensure that they also adhere to this policy and encourages a healthy eating philosophy.

Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and review

The SLT and the Healthy School co-ordinator are responsible for supporting colleagues in the delivery of the food policy. The LEA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

Reviewed: May 2018