



Wavertree Primary School Food and Nutrition Policy

Policy Agreed by	Governing Body.
Date Agreed:	October 2016
Review Date:	October 2018

*“Learning together and valuing each other
in our Christian Community”*

Introduction

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHCE, Drug and Sex & Relationship Policies.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

Rationale

Wavertree CE is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to take part in the '5 a day' campaign

Breakfast Club

Breakfast Club operates on a daily basis in the school for all children from age 4. We encourage children who we know have little or no time for breakfast in the mornings at home.

The food offered is healthy and is consistent with a healthy diet. We provide toast, (range of options including white, brown, granary, buns, baps and rolls), crumpets, low fat spread, fruit jam, yoghurt, low salt/low sugar fortified cereals and fresh fruit. Children choose from water, orange juice and apple juice to drink. Fruit juice is limited to maximum 150mls in line with the current School Food Standards

School Milk and Fruit Provision

All our under 5s are entitled to free milk which is organised by the school office. Reception and Nursery classes are also provided with a snack of fruit to all children.

Children in KS1 are provided with a piece of fruit each day under the national Fruit and vegetable scheme. They also have the opportunity to access milk provided by school.

KS2 children are able to access milk provided by school

Children are not permitted to bring any food or drinks of their own for breaks.

School lunches and packed lunches

All our school meals are prepared on site by our own staff each day and adhere to our healthy food policy. All meals served from the school kitchen comply with the School Food Standards and menus are regularly reviewed.

Free School Meals

The school promotes application for Free School Meals for those families that may be entitled to this benefit. This message is reinforced at parent's inductions and events.

The uptake of Free School Meals is monitored termly.

There is no stigma to Free School Meals as only those children entitled are known to adult staff.

Those entitled to Free School Meals have the same entitlement as those who pay.

Liverpool has an online system to register for free school meals

The school is willing to assist any parent/carer in the application process for free school meals

<http://liverpool.gov.uk/schools-and-learning/grants-and-funding/free-school-meals/>

Packed Lunches

Some children bring a packed lunch to school. We regularly include newsletter items about the contents of these and we do not allow sweets, chocolate bars, chocolate covered biscuits or fizzy drinks. We will encourage children who bring a packed lunch to make healthy choices about their contents.

We encourage the provision of healthy choices in lunch boxes by supporting the Change4Life programme. Our messages are reinforced by information posters in the dining room

Special diets, allergies, diet related disorders

Parents are asked to inform the school if a pupil suffers from any medical allergy, identifying the foods to which s/he reacts and the usual symptoms of the reaction.

Pupils with allergies are also identified to kitchen, staff and on the office noticeboards.

All staff members are aware of the school's medical, and health and safety procedures.

Our catering staff have been trained up to the Food Information Regulations 2014 – Allergen labelling and are on site to discuss any allergenic ingredients that may be in the dishes/recipes. Please make an appointment through school to meet our catering manager to discuss allergens or any other medically diagnosed conditions that affect food consumption.

Rewards and Celebrations

Under no circumstances will sweets, chocolate, crisps or fizzy drinks be used as a reward for outstanding work and/or behaviour.

The school allows some less healthy food to be consumed in the event of an annual class Christmas party and/or end of year class party. This is at the discretion of the staff teacher.

Water for all

Cooled water is available throughout the school day to all members of the school community. Children may drink their water at any time except during the 15 minute assembly and outside in the playground. Regular water and brain breaks are built into the school day and curriculum by class teachers. The school sells additional bottles of *cooled* water and children may bring in their own bottle from home. These may be refilled from classroom taps. All cold water taps in this school are directly connected to the water main and therefore provide safe drinking water.

Food Across the Curriculum

In FS, KS1 and KS2, 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.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, eg writing to a company to persuade them to use non-GM foods in children's food and drink etc.

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 the function of different nutrients in contributing to health and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

Computing can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, eg advertising and sustainable development.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income. History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

School visits provide pupils with activities to enhance their physical development eg to activity centres.

Out of hours learning includes cookery and gardening clubs from time to time.

Partnership 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. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on our water and packed lunch policies through school and newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice, squash or milkshakes.

During out of school events, eg school discos etc., the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children.

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.