

## School Food Policy

### Aim

Our aim is to ensure that all aspects of food and nutrition in School (including BASC) promote the health and wellbeing of pupils, Staff and visitors to our school.

### Objectives

- To have a positive effect on concentration and behaviour.
- To ensure that all information relating to food and nutrition is consistent and up-to-date.
- To involve the Mid-day Supervisors in monitoring children's food intake.
- To ensure that children entitled to Free School Meals are supplied with healthy meals.
- When it can be manned and organised; establish and maintain a 'Fruit Tuck Shop' in Key Stage 2, to continue promotion of fruit as a healthy snack established in Key Stage 1.
- To ensure that fresh water is always available to all children and Staff in class and at lunchtimes.
- To provide opportunities in the Curriculum to work with food.
- To promote healthy eating in the community by having guidelines for mid-morning snacks and providing suggestions for healthy and balanced food for packed lunches.
- To ensure that any 'edible rewards' are considered healthy and in line with the policy.

### Monitoring

In order to monitor how effective the implementation of this Policy is, the following procedures are taken to assess each objective:

- Concentration: Survey Staff as to any positive changes in certain children.
- Information: Audit of all food based topics.
- Mid-day Supervisors: Communicate concerns through Teaching Staff to parents.
- Free School Meals/UIFSM: Monitor food supplied and ensure inclusion of healthy food on a daily basis.
- Fruit tuck shop: Maintain supply of a variety of fresh and dried fruits to be sold by members of the School Council, also, to complement the free fruit scheme in Key Stage 1.
- Fresh water: Ensure every child has a water bottle and give all children free access to them to enable them to have a constant supply of drinking water. Ensure they are taken home regularly for cleaning.
- Milk and water is available for all children at lunchtime.
- Curriculum: Include opportunities for cookery on a termly basis and include instruction in basic hygiene in all such lessons.
- Food events: Organised and run in conjunction with parents and/or a local supermarket, occasionally inviting guest speakers and experts.
- Edible rewards: Only use healthy foods as rewards and limit the use of sweets and chocolate to specific occasions, e.g. Easter.
- No nuts or anything with nut traces are to be brought into School.