

Northwick Park Primary and Nursery Academy

Food Policy

Rationale

Northwick Park Primary and Nursery Academy is a healthy school. It is important that we consider every element of our work to ensure that we promote health awareness in all members of the school community. We hope to 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.

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 eat healthily
- To offer healthy food and drink at all appropriate opportunities
- To ensure that kitchen staff are aware of new guidelines and implement them

What do we do

Breakfast Club operates on a daily basis in the school and is available for all children who attend our school, nursery or Busy Bears from age 2. We target some 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, bread (range of options including white, brown, granary), low fat spread, fruit jam, marmite, yoghurt, low salt/low sugar fortified cereals as a choice, slices of fresh fruit. Children choose from water, orange juice and apple juice to drink.

Healthy Snacks

All Reception and KS1 classes are provided with a morning break time snack of washed fruit, which in Year R is shared in a family setting for all class members. They are given the responsibility for passing the fruit to others and for helping to clear away. Key Stage 1 children are allowed to eat their fruit in the playground. These children are given the responsibility for the correct disposal of peel etc. by placing into a compost bin. Children in KS2 are encouraged to bring healthy foods to school for break time snacks and this is encouraged by the sale of healthy snacks such as fresh fruit, yoghurt, rice cakes etc. The Nursery children are provided with a snack at a daily cost of 30p. This snack is often prepared by the children and comprises of toast, sandwich or crackers, followed by washed fruit. A daily drink of milk or water is provided and the healthy school policy is followed.

School lunches

All our school meals are provided in house. We have a healthy food policy and aim to provide as much unprocessed local food as possible. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. We provide a hot and cold option, both of which are in line with national nutritional requirements. Any allergies a child may have or particular dietary requirements will be made known to the staff.

Packed Lunches

Many children bring packed lunch to school. We regularly include newsletter items about the contents of these and we do not allow sweets, or fizzy drinks.

Water

Water is freely available throughout the school day to all children and staff, except during assembly. Regular water breaks are built into the school day and curriculum by class teachers. FS and KS1 children are also reminded to drink water at their snack time, KS2 children are provided with water bottles, when participating in sporting activities in hot weather.

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, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.

Maths offers 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.

ICT 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, e.g. 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.

Out of hours learning includes cookery, gardening and healthy lifestyle clubs.

Partnership with parents and carers

The partnership of home and school is critical to us in shaping how children 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 food, snacks and packed lunch policies through school flyers. They are sent a current School Lunch menu via their child and a board advertising the current weekly menu is on display in the office. We also welcome feedback from parents on our food provision through our healthy school programme.

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 Breakfast Club Manager is responsible for ensuring that the food served is in accordance with this policy.

KS Managers and Subject leaders are responsible for the curriculum development of the Food Policy.

The Head teacher and PSHE co-ordinators are responsible for supporting colleagues in the delivery of the Food Policy.

The Head teacher is responsible for the provision of school meals.

The Catering manager is responsible for the content, preparation and cooking of school meals.

Reviews take place formally and informally and include pupils, governors, staff and parents.

This policy will be reviewed annually.

Reviewed December 2014