

Brighter Futures Academy Trust

Field Lane

Food Policy



Name of Policy Writer/Amendments	Date Written/Amended	Next Review Date
VDear	November 2015	September 2017

Field Lane Food and Healthy Living Policy

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..

The school supports the '5-A-DAY' campaign to encourage children to eat five 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

At Field Lane we feel we have a duty to 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 that 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

We run a breakfast club for our families .The club follows our food policy and works with families to ensure that we provide a healthy and nutritious breakfast while offering the widest selection we can.

Snack

All children in the Early Years and KS1 have access to fruit/vegetables at playtimes and snack times. We take part in the Government initiative to provide all infants with free fruit and vegetables during the day. Any leftover fruit is taken into classrooms for KS2 pupils.

Pupils in upper key stage 2 help to run a snack shop for KS2 pupils at morning playtime .

Various healthy snacks are on offer .The school council regularly monitors snack provision.

School lunches and packed lunches

All our school meals are provided by a contracted caterer who has a healthy-food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables and fresh salads are always available with every meal. They provide a vegetarian and non-vegetarian option, both of which take into account nutritional balance and healthy options. Many children bring packed a lunch to school. We do not allow sweets, chocolate bars (although we do allow chocolate covered biscuits at present) or fizzy drinks. School staff work closely with parents to ensure that packed lunches meet their child's needs.

Water for all

Water is freely available throughout the school day to all members of the school community.

We sell school water bottles and children are expected to fill them on a daily basis. Children may drink their water at most times during the day. All children are provided with water at lunchtimes and Early Years children are also reminded to drink water at their snack time and have access to water throughout their sessions.

Food across the Curriculum.

- In the Early Years, 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.
- We grow a range of fruits and vegetables in our school garden and Early Years outdoor play area. These are used in cooking sessions across school throughout the year.
- Food is linked to seasonal celebrations and festivals from a variety of cultures throughout the year.
- Teachers are proactive in developing an awareness of food and providing regular opportunities for pupils to engage in food and cooking activities throughout the year linked to their class topics and or whole school or wider events where relevant.
- All pupils in KS2 access cooking and 'Food for Life 'sessions every term as part of their carousel sessions.
- Whole school house sessions provide pupils with opportunities to investigate food from other countries and cultures throughout the year.
- Physical Education lessons provide 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.
- All class have reposnsisbilty for a raised bed in our school garden and grow a number of vegetables during the year.

Lunchtime Provision.

Y6 play leaders work closely with the MDS to ensure that a range of sports equipment is available for pupils to use at lunchtimes. Staff and play leaders organise and run a variety of team games and physical activities throughout lunchtimes. Sport coaches and Commando Joe staff provide specialist sport provision at lunchtimes at specific times throughout the year.

Extended School Opportunities.

School visits provide pupils with activities to enhance their physical development, e.g. to activity centres. Visits also provide opportunities to visit local shops, supermarkets and catering establishment's .After school clubs provide opportunities for pupils in cooking and food preparation.

Dissemination and Review

This policy should be read alongside the school's PSHEE and Curriculum policies. This policy will be reviewed at least every 2 years.