



Sand Hutton and Warthill Federated  
Church of England (VC) Primary Schools

## **School Food Policy - 2017**

### **Rationale**

Each school recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school. It also recognises the role the school can play, as part of the larger community, to promote family health, and sustainable food, including production and farming practices. Each school recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

### **1 Aims and Values**

1.1 As Health Promoting Schools we are committed to encouraging and developing positive attitudes towards a healthy diet. Food is central to life and therefore an important part of school life and the activities we engage in. We also believe that adults (staff, parents and carers) should be good role models and have access to information that will help them to provide healthy food for children.

1.2 To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes healthy eating. We are committed to:

- To providing an opportunity for pupils to plan recipes, budget, prepare and cook food.
- To increasing pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensuring pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- To ensuring that food provision in the schools reflects the ethical, cultural and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To making the provision and consumption of food an enjoyable and safe experience in a pleasurable environment.
- To introducing and promoting practices within the schools to reinforce these aims, and to remove or discourage practices that do not support them.
- To monitor menus and food choices to inform policy development and provision.

### 1.3 We have agreed the following statements:

- Children will be able to purchase or bring a healthy snack during the morning break.
- Pupils in KS1 will benefit from the free Fruit and Vegetables Scheme and the Free School Lunch scheme.
- Children are encouraged to bring a variety of fruit and vegetables from home to eat at snack times. Chocolate, biscuits, crisps and cakes are discouraged as everyday snacks in school.
- Water will be available at all times.
- The weekly lunch menu will be on display for parents.
- Parents or carers will be advised if their child is not eating well.
- Children will be encouraged to develop good eating skills and table manners at lunch- time and will be given plenty of time to eat.

#### **This will be achieved by:**

- Eating packed lunches and school dinners sitting together;
- Older children helping younger children to cut up their food;
- Being encouraged to try a variety of foods at lunchtimes to develop a balanced diet.
- Entering and leaving the dining hall in an orderly way, to show respect for those who are eating;
- Saying please and thank you to the midday supervisors and kitchen staff
- Asking permission from a Midday Supervisor to 'leave the table'

**Parents or carers of children who are on special diets for medical or religious reasons, or children with allergies, will be asked to provide as much information as possible about suitable foods.**

## **2 Monitoring and Reviewing the Policy**

This policy will be reviewed regularly by the staff and Governors. We seek and value the views of the pupils to inform this policy, through the School Council.