

**SINGLETON C.E. PRIMARY
SCHOOL**

FOOD POLICY

Reviewed - 8th June 2017

FOOD POLICY

Introduction

At Singleton School, we recognise the important connection between a healthy diet and a child's ability to learn effectively and achieve high standards in school. We also recognise the role a school can play, as part of the larger community, to promote family health and sustainable food and farming practices.

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 at least 5 portions of fruit and vegetables a day.

Rationale

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 and create an environment which supports a healthy lifestyle. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

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.
- To ensure that food provision in the school takes account of individuals' medical and allergenic needs.
- To ensure we meet the new Government Food Standards for schools.

Snacktime

During the morning, all children have a short break for a healthy snack. We encourage fruit and vegetables to be eaten and drinks are milk or water. All our under 5s are entitled to free milk. Older children can buy milk through the 'Cool Milk' scheme. Since it started, we have taken part in the Government's free fruit and vegetable scheme for our Infant children.

School Lunches and Packed Lunches

Hot school meals are available for parents to buy and are provided by a contracted caterer who has a healthy food policy as part of their tender. There is a risk assessment in place for serving hot food, which has been signed by those involved in delivering lunches.

Other children bring a packed lunch to school. A healthy, balanced lunchbox is promoted. We do not allow sweets or carbonated drinks and children may drink water.

Water for All

Water is freely available throughout the school day to all members of the school community. **Every child has been provided with a free bottle in which to store their water.** We have a water filter and cooler installed at which bottles can be refilled throughout the day.

Treats

The 2007 Food Standards covering school food other than lunch make clear that cakes and biscuits should not be available except as part of a school lunch. However, a healthy lifestyle requires a balance of food and activities - we therefore allow home made cakes or biscuits as a treat for special occasions (Christmas, celebrations, etc.)

Food Across the Curriculum

In EYFS, 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, growing and cooking food.

Rights Respecting School

As a Rights Respecting School the Food policy addresses Article 24 of the UNCRC - the right to safe, clean water and nutritious food.