

## Wren's Nest Food 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. This policy should be read alongside the school's PSHE, drug, and sex and relationship policies.

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**

Wren's Nest is a healthy school. 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. 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, which 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**

The free Early Bird's breakfast club operates on a daily basis in the school for all children from age 5. We encourage children who we know have little or no time/opportunity for breakfast in the mornings at home to come to the club. Early Birds also supports children who find the transition from home to school a challenge.

The food offered is healthy and is consistent with a healthy diet. We provide a choice of toast with low-fat spread, yoghurt, and fresh fruit. Children choose from water, orange juice or milk to drink. A recent development is the provision of a range of jams and lemon curd for the children to spread on the toast. This encourages children to develop independent skills and to try new flavours and variety.

### **Snack**

All our Foundation Stage children have access to free milk and fruit as part of their daily routines. The children are encouraged to be independent and can access the fruit and milk themselves in a café system.

All KS 1 classes enjoy a piece of free fruit or vegetable (carrots), which is shared in a family setting for all class members. Children are given responsibility for passing the fruit to others and for helping to clear away.

KS 2 children are able to purchase toast, yoghurt, fruit, milk and fruit juice for a snack in the morning. Children are discouraged from bringing crisps or chocolate into school and nearly all children purchase tuck (at a subsidised rate of 10p per item, with a limit of 2 items).

### **School lunches and packed lunches**

All our school meals are provided by Dudley Catering Services who meet all the nutritional standards required by the government. At Wren's Nest we have a high proportion of children receiving free school meals and we place a high priority in ensuring that the children receive a good quality, healthy meal.

The school and catering staff have worked hard to develop an attractive and pleasant dining hall setting in which the children can enjoy their lunch and talk to friends.

There is always a choice of two hot meals and a vegetarian option, jacket potatoes and vegetables, and access to the salad bar.

In addition to a hot pudding there is always a choice of a fresh fruit platter, yoghurt and cheese and biscuits.

Since Easter 2009 we have introduced our own Wren's Nest menu. This menu is based on the Dudley Catering Service menu with a few additional favourites that the children have chosen. The menu meets all the nutritional standards for Primary Schools.

Some children bring packed lunch to school. We encourage these children to think about the content of their lunch box by discussing healthy options and the school is considering ways to further support families in planning healthy lunch boxes. For example, we continue to run "Get Cooking" course for parents and supporting them to understand health balanced options to go in a lunch box.

Our excellent lunchtime practices were recognised by the School Food Trust who selected Wren's Nest as the winner of their School of the Month award for "Making lunchtimes a good experience."

### **After School Club (OSCs)**

At our after school club fresh fruit and water/juice is available for the children to snack on whenever they wish.

### **Water for all**

Water is freely available throughout the school day to all members of the school community. Children are provided with a free bottle to store their water in each term. Children may drink their water at any time except during the 15-minute assembly. Class teachers encourage children to drink water at regular times during the day.

### **Food across the Curriculum**

In FS, KS 1 and KS 2, 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. discussing whether there should be adverts for foods during children's TV time.

Maths can offer 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.

School visits provide pupils with activities to enhance their physical development, e.g. to activity centres.

Out-of-hours learning includes a regular cookery club. The club is based on promoting healthy eating and the member of staff that runs the club is "Get Cooking" trained.

### **Partnership with Parents and Carers**

The partnership of home and school is critical in shaping how children and young people 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.

Through this policy and regular updates we hope to inform parents and carers about our food policy and the importance of healthy eating. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

During out-of-school events, e.g. school discos etc., the school will encourage parents and carers to consider the food policy in the range of refreshments offered for sale to the children.

### **Role of the Governors**

Governors monitor and check that the school policy is upheld. The Curriculum & Standards committee have the responsibility for this annual review.

### **Monitoring and review**

The Kitchen Manager is responsible for ensuring that the food served is in accordance with this policy. Phase leaders are responsible for the curriculum development identified in the food policy. The headteacher and PSHE manager are responsible for supporting colleagues in the delivery of the food policy. The LEA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

We have recently received the Healthy School status in 4 areas, one of which is healthy eating. To achieve this award we have followed an action plan and developed the school practice over three years. We were awarded the Platinum Healthy schools award last year and have had a recent visit to ensure that we are maintaining the high standards required to retain the award.

The school recently had a visit from the Environmental Health team and have been awarded the full five stars in the "Scores on the Doors" scheme.

This policy will be reviewed annually by the Curriculum & Standards committee and updated to take account of new developments.

Reviewed: May 18<sup>th</sup> 2009