



# HOMELANDS PRIMARY SCHOOL

## FOOD IN SCHOOL POLICY

ADOPTED BY THE GOVERNORS ON.....24.11.09.....

REVIEWED.....

REVIEWED.....

## **RATIONALE**

### **Homelands is a healthy school**

Homelands Primary School recognises the important connection between a balanced, healthy diet and a child's ability to achieve. We believe that every adult at Homelands can play a part in making sure that children develop positive attitudes to food, make informed choices and enjoy eating healthily.

We also recognise the importance of food-related skills in enriching our social development and in celebrating, nurturing and increasing our appreciation of cultural diversity and that 'Being Health' is one of the five outcomes of 'Every Child Matters'.

## **AIMS**

### **Proper nutrition is essential for good health and effective learning. We aim to:**

- To improve the health of pupils, by influencing eating habits and by increasing knowledge of what constitutes a healthy diet.
- To increase children's knowledge of food production and manufacturing.
- To ensure that food provision in school meets nutritional standards.
- To ensure the lunchtime experience in school is as enjoyable and safe as possible.

## **GUIDELINES**

Our food policy is implemented in 3 ways.

- Through the taught curriculum
- Through meal time provision
- Through enrichment activities

## **WHAT DO WE DO AT HOMELANDS TO PROMOTE HEALTHY EATING?**

- We deliver a curriculum which includes the promotion of a healthy and balanced diet.
- All parents are given a copy of the food policy.
- Information about school catering is provided at parent's evenings and in school newsletters e.g. menus.
- We display the menu on the school notice board.
- We have a vegetable plot and greenhouse and encourage children to grow food.
- We have a cookery club for years 5 and 6.
- We have a 'no sweets' policy and encourage children to bring fruit.
- We are part of the 5 a day fruit and vegetable scheme.
- We have water available for both staff and pupils throughout the school day
- We monitor school meals carefully. Governors visit to review meal provision.
- We provide pleasant surroundings conducive to enjoying eating.
- We have occasional family learning opportunities related to healthy eating.
- All parents have been issued with guides to help them prepare healthy packed lunches.
- We do not allow fizzy drinks in packed lunches.
- We ensure allergies and special food requirements are catered for.
- We encourage hand washing.
- Adults who assist with food preparation have been given food hygiene training.
- Prizes given by Friends of Homelands are considered carefully and sweets, though not banned, are used judiciously.

## **SCHOOL ETHOS, ENVIRONMENT AND ORGANISATION**

- The school recognises the importance of lunchtime organisation on the behaviour of pupils.
- The school recognises the value of promoting social skills.
- Teachers, caterers and MTA's work in partnership to achieve a pleasant and sociable dining experience which enhances the social experience of each pupil.
- We encourage the development of good table manners.
- We support the induction of our young pupils into the routines of our dining experience.

## **LIAISON WITH OUTSIDE AGENCIES.**

It is the policy of Homelands Primary School to work closely with outside agencies and to keep up to date with national and regional priorities. These agencies include Torbay Primary Care Trust and the Local Authority.

## **MONITORING AND EVALUATION**

A food group of Governors, Staff and Parents will be established to review the operation of our food policy bi-annually. This group will consult with the School Council as appropriate.