



RATIONALE

Hawkesbury CE VC Primary School is a health promoting school and we believe that proper nutrition and fluid intake are essential to all members of the school community as part of a healthy lifestyle. We recognise the important connection between a healthy diet and lifestyle and a pupil's ability to learn effectively and achieve high standards at school and in life.

AIMS

We aim to ensure that we are giving consistent messages about food and health with pupils receiving information they need to make healthy choices both in and out of school. We will promote health awareness and contribute to the healthy physical development of all members of our school community. A whole school food policy will help to ensure that the entire school community and the wider public understand the ethos of the school in relation to food and drink, both within the curriculum and in food and drink provision.

OBJECTIVES

- We work with South Gloucestershire catering service to ensure we provide a balanced mid-day meal, which meets current Government nutritional standards, and encourage all children to consume it. The menu is clearly displayed around the school and distributed to all children and parents.
- We run a breakfast club which provides children with a healthy start to the day of cereal, toast / crumpets, spreads, milk, squash and water
- Nutrition, food sustainability and food safety should be taught at an appropriate level throughout each key stage by including in relevant schemes of work.
- We run a Lets Get Cooking club which all children are encouraged to participate in at some point during their school life to foster cookery skills and an appreciation for a balanced and varied diet.
- All staff should have access to training about healthy eating.
- Food provision should reflect the diverse needs of pupils and staff, this relates to special medical, dietary and ethnic meals.
- All infant children are encouraged to eat one piece of free fruit or vegetable at playtimes, this is provided through the National School Fruit scheme. All children can buy their own piece of fruit/vegetable or toast and are encouraged to bring their own fruit. Appendix i
- We encourage parents to provide their children with a balanced and healthy lunchbox.
- We encourage children to drink water throughout the day and provide them with accessible drinking fountains and their own water bottle when they start school. Children who eat a school meal are provided with jugs of fresh water at their tables. All our under 5's are entitled to free semi-skimmed milk with children from 5 onwards able to purchase milk through a scheme jointly set up by the LA and the School Milk Services Ltd. Children entitled to free school meals (excluding KS1 children automatically entitled to universal free school meals) are entitled to free milk throughout their time at school
- To develop life and social skills of pupils by providing a relaxed and sociable environment when eating, with children understanding the enjoyment of sharing a meal together.

- We will maintain the Healthy School status through the National Healthy School Programme.
- We regularly monitor our performance through LA catering service surveys, school lunch take-up, contents of lunchboxes and talking to parents and staff (including lunchtime supervisors and, on a daily basis, the Kitchen Manager).

Agreed at the Standards, Teaching & Learning Committee meeting held on 19th November 2015, Agenda item 6

Signed: Chair of Standards, Teaching & Learning Committee

Review Date: September 2018

Equalities Impact Assessment: Completed



HEALTHY SNACKS

As part of our commitment to promoting healthy eating, all children are encouraged to bring a piece of fruit, dried fruit, vegetables or a fruit bar for playtime. Children may also buy fruit or toast from the school kitchen.

We participate in the school Fruit and Vegetable Scheme which provides children in Key Stage 1 with a daily piece of fruit or vegetables. Class teachers will plan this into the school day at an appropriate time for their children.

Children who bring snacks that do not comply with this policy will be asked to leave their snack until the end of school.

As a school we belong to a scheme set up by the Local Education Authority and the School Milk Services Limited which offers subsidised milk. All children from the ages of 5 to 11 can apply to receive milk at morning break. There is a termly charge for this service. Parents/carers interested in this service are asked to contact the school office.

Administration is dealt with by contacting the dairy directly. Forms can be collected from the office.