

Armathwaite Community Primary School



DRAFT Food Policy

This document has been created in consultation with children, parents, community volunteers, staff and governors of Armathwaite School.

Aim:

The aim of this policy is to capture our vision to prepare all our students for life in the fast moving 21st century. This includes developing lifelong healthy eating habits and behaviours.

To be read alongside PE and School Sports Fund plans and evaluations.

Mental health and well-being are a priority at Armathwaite School and we strive to support our children to learn about healthy eating and in developing a healthy relationship with food.

Mission Statement

We will provide good quality, affordable, healthy food in school whilst respecting the environment. The food we provide will meet the dietary requirements of all members of the school. We will encourage all food brought into school to be of quality and healthy too.

Learning together, we aim to equip children, families and staff with ways to maintain healthy eating habits.

Our Goals

Armathwaite School recognises the important role that nourishing food and drink plays in good health and well-being and the contribution this makes to positive learning.

For this reason we will:

- encourage all children to drink water throughout the day
- make playtime fruit and milk\water available for all
- provide healthy and nutritious school meals as part of an enjoyable dining experience
- provide a healthy breakfast menu at breakfast club
- provide healthy after school food
- make healthy, balanced food in healthy eating club

Food education plays a fundamental part in our science and Design Technology (food technology) curriculum. Children also learn about food production in geography and through global learning and active citizenship.

The whole school community is consulted and updated on food issues.

We will always work with our catering provider to increase confidence in school food and maintain school meal uptake.

Lunchtimes

A nutritious and healthy lunch is available to pupils and staff in a pleasant environment.

This is achieved by:

- Having family service ~ children sit in buddy groups on tables of 8 made up of different ages of children (buddy groups). Food is served in dishes and older children are able to help younger children. Children are encouraged to be independent and to help each other. Children are encouraged to chat with other buddies on their table and to develop good table manners. A pleasant environment is created to provide an enjoyable eating experience. Year Reception children are supported by key worker staff and older buddies.
- Providing freshly prepared food, considering the dietary requirements of all children and addressing issues of seasonality, animal welfare and sustainable fishing.
- Ensuring lunchtime supervisors are well trained and familiar with relevant school policies.
- Providing food of consistent nutritional quality at lunchtimes which as a minimum meets the current Government's food regulations.
- Consulting parents on menu changes.
- Involving parents in the development and implementation of our healthy packed lunch policy (see below).
- Promoting the value of healthy eating with families.
- Parents are responsible for informing school if their child has any allergies.

Drinks

Water is provided for all children in school in a named water bottle. Bottles are washed at the end of each school day and filled each morning with fresh water. Water bottles (500ml) are available at all times in the classroom and children are encouraged to drink regularly and refill their water bottles as and when needed. Water and cups are provided for all children during lunch.

Other drinks provided during the school day are milk at morning break and in after school club. Fruit juice, milk and water are available during breakfast club.

During school visits and sports events children take their school water bottle with them.

When children bring their own drinks to school as part of their packed lunch we will encourage them to bring similarly healthy drinks.

Breakfast Club

Food provided at breakfast club is nutritious and healthy.

Fruit and fruit juice are available, alongside healthy cereals, low in salt and sugar, wholemeal toast and milk\water.

Children are able to enjoy their breakfast in a pleasant environment seated at a table whilst chatting to their friends.

Break Time Fruit and Milk

School provides a wide range of seasonal fresh fruit and vegetables for all children in school every day. Children have been consulted on this and have provided suggestions for fruit and vegetables they would like to have included. All children have free fruit and vegetable snacks and the option of milk and water in the classroom, before they go out to play. They eat and drink together. Fruit and vegetables are prepared each morning and presented on a tray.

Learning

A well planned curriculum that includes nutrition, food hygiene and ethical food production is provided. Through this curriculum we will:

- Help children and staff to understand the importance of a well-balanced diet.
- Give children the opportunity to plan, prepare and cook healthy, tasty food.
- Give children the opportunity to learn about the growing and farming of food and its impact on the environment.
- Encourage children to cook with vegetables they have grown at home and/or in school.
- Provide staff with up to date and relevant training such as Level 2 food hygiene and Food in Primary School training through the Phunky Foods Programme.

This policy will be monitored and referenced at least annually in governors meetings. It will be reviewed at least every 2 years. If you would like to make any comments on it please contact us via the school office.

November 2018 Review date: November 2020

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School Packed Lunch Guidelines

For a balanced packed lunch please try to include one each of these healthy food types. You will see there are five components, plus a drink, which make up an ideal healthy lunch.



Fruit ~ essential for vitamins, minerals and fibre. Include at least one portion of fruit (this could be fresh fruit, fruit juice or dried fruit such as raisins).



Vegetables ~ also provide vitamins, minerals and fibre. Include at least one portion (such as carrot sticks, cucumber, celery, pepper and so on) for a healthy, nutritious packed lunch.



Protein ~ this is required for muscle growth. Add protein by using eggs, fish, tofu, pulses, beans or lean meat.



Starchy foods/carbohydrates ~ starchy foods are great for energy. These include bread, rice, pasta and chapattis. Unprocessed types are best such as wholemeal rather than white.

Milk and dairy foods or non-dairy alternatives ~ crucial for healthy bones and teeth. These include milk, cheese, yoghurt, soy, coconut, almond, rice milk, oat milk, or tofu.

Items to avoid in your packed lunch:

Crisps, chocolate and snacks which are high in fat, sugar and/or salt. Please do not include these in your child's packed lunch.

Drinks

Water ~ fresh water is freely available for your child on the table at lunchtime.

Healthy drinks ~ if you would like to include a drink in your child's packed lunch please include water, milk, fresh fruit juice or a fruit smoothie.

Please do not include any drinks sweetened with sugar or artificial sweeteners.

Packed lunches should not include fizzy drinks or sweets. Need help or advice? ~ just ask.