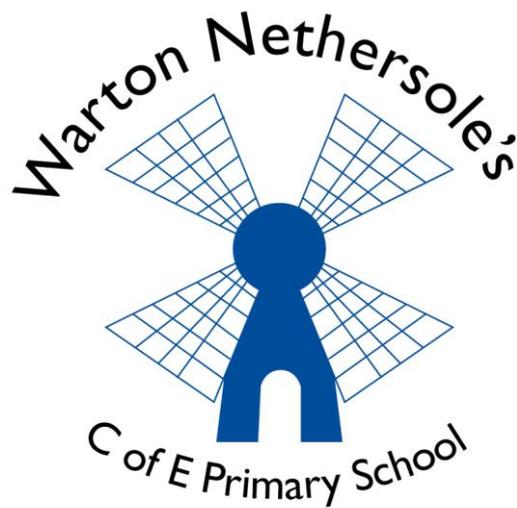


# Warton Nethersole's C.E. Primary School



## Food Policy

## **Mission Statement**

To improve the health of the whole school community by supporting children and their families in establishing and maintaining a healthy balanced lifestyle by:

- providing high quality food education and provision
- ensuring consistent and positive messages are delivered through the school day and reinforced at home
- involving parents in activities related to developing a healthy lifestyle

## **Leadership**

Warton Nethersole's Food for Life Team, Leadership Team, Governors and School Council will support the promotion of family health by:

- ensuring the whole school and community are involved and consulted with on school food issues through a SNAG (School Nutrition Action Group).
- working with the whole school community to develop an action plan
- ensuring the whole school community are kept informed of key changes in relation to food issues
- recognising the importance of maximising the uptake of school meals including free school meals
- recognising the need to encourage and support the provision of healthy packed lunches and snacks
- ensuring key staff have the necessary skills to educate the whole school on food and nutrition topics
- working collaboratively to create a positive food culture within the school and its wider community'

## **Curriculum**

Warton Nethersole's provides a well-planned national curriculum course of study that incorporates messages about food and nutrition, food hygiene, food production, manufacturing, distribution and sustainability issues and which is complemented and reinforced by extra-curricular activities.

Our curriculum promotes a healthy balanced lifestyle by:

- enabling children to develop an understanding of the relationship between food, physical activity and short and long term health benefits, including oral health

- providing children with the opportunity to acquire basic skills in preparing and cooking food and an understanding of basic food hygiene
- integrating half-termly cooking sessions/food preparation into the curriculum
- providing children with the opportunity to learn about the growing and farming of food and its impact on the environment
- providing opportunities for all children to grow, cook and eat their own organic vegetables at school
- involving a wide range of outside agencies, through visits and visitors, to contribute to the food curriculum
- ensuring food issues have a high profile from Reception to year 6
- ensuring consistency between what is taught in the curriculum about what is a healthy, balanced lifestyle and what is practised by staff and children at Warton Nethersole's

## **Environment**

Warton Nethersole's will promote a healthy balanced lifestyle within the:

### **Classroom**

- by providing access to water
- by providing access to 'brain breaks' when needed
- by teaching children to use playtimes as an opportunity to re-energise their bodies and brains through exercise and healthy eating

### **Playground**

- by encouraging safe, active play
- by providing access to fruit and water

### **Dining room**

- by providing an enjoyable and sociable lunchtime experience
- by providing an attractive, colourful lunchtime environment
- by encouraging children to eat a balanced diet, producing minimal waste
- by encouraging children to make positive decisions in terms of food choices, self-organisation and behaviour
- by involving and consulting with all catering staff on issues relating to food

## **School grounds**

- by using the school grounds as another classroom, encouraging physical activity
- by incorporating the 'forest school' into the school curriculum for all children
- by having a school garden in which all children can learn how to maintain and harvest an organic vegetable plot

## **Community**

Warton Nethersole's will promote a healthy balanced lifestyle within the school and its wider community by:

- ensuring families and the wider community have opportunities to engage with food activities, including dining with the children
- creating displays that reinforce messages about healthy food
- forging links with local food producers/suppliers to enhance learning opportunities through visits to and from them
- encouraging parents and volunteers to support the school garden and cooking projects to promote healthy eating both in and out of school

## **Implementation and Monitoring**

Newsletters / Displays / Questionnaires / Website

