

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

Policy date: Autumn 2015

Review Date: Autumn 2017

