

Food Policy



INTRODUCTION

The school recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. We recognise that we play an important role in promoting a healthy balanced diet and a healthy attitude towards food and eating. We liaise closely with Edwards and Ward, the onsite school meal providers, to ensure that we all promote the same philosophy.

AIMS

- To ensure that all pupils' understand what consists of a balanced, healthy diet and encourage them to make sensible food choices where possible.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure that pupils have access to safe, tasty, and nutritious food, and access to clean drinking water throughout the day. All pupils are provided with access to chilled water. Water bottles are welcomed, and children are encouraged to wash and refill it independently each day.
- To make the provision and consumption of food an enjoyable and safe experience.

OBJECTIVES

- To ensure information relating to food and nutrition in different lesson areas is consistent and up-to-date.
- To work closely with Edwards and Ward to ensure that there is consistency in the messages that we are providing to the staff and children.
- To integrate these aims into all aspects of school life.

ORGANISATION AND MONITORING

Curriculum

Cookery and food based activities are embedded within the curriculum. The class teachers monitors this to ensure that all children have the opportunity to develop cookery, food preparation and food hygiene skills throughout the school.

Breaktimes

All children are strongly encouraged to bring either fruit, vegetables, cheese or breadsticks for their break. It is made clear that other snacks are not 'unhealthy', but that these are the choices that we would like them to make for breaktime.

Lunchtimes

We encourage parents, guardians, children and Edwards and Ward to provide a nutritious, balanced meal for lunch.

EQUAL OPPORTUNITY

We will work closely with Edwards and Ward to ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.

SAFETY

Cookery activities must be safe for children and adults. Teachers should refer to:

- the member of staff responsible for Health and Safety.
- Members of staff that have had Basic Food Hygiene training.

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Dear Parents,

As a 'Healthy School' we take pride in providing a quality education and promoting a healthy lifestyle. As part of this we have written a draft food policy and would like to invite you to read it and pass on any comments that you feel necessary.

As part of this we are interested in your views on things that you do not feel are appropriate for children to bring in for lunch.

We thank you for your time and look forward to reading your thoughts.

Comments on the food policy:

Comments of foods that we should either encourage or discourage as part of a balance packed lunch:

This form can be returned anonymously if you prefer

Name:.....