

## **Burnhope Primary School**

### **Whole School Food Policy**

“People’s patterns of behaviour are often set early in life and influence their health throughout their lives. Infancy, childhood and young adulthood are critical stages in the development of habits that will affect people’s health in later years.”

**Choosing Health, White Paper. Nov. ‘04**

#### **Aim**

To ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to our school.

#### **Objectives: *What do we want to achieve?***

- Review medium term plans to ensure information relating to food and nutrition in different curriculum areas is consistent and up to date.
- All children to have access to fresh drinking water throughout the school day.
- Work with representatives from Taylor Shaw to ensure children are provided with a balanced diet at lunchtime.
- Provide healthy snacks at break time for children to purchase.
- Make children aware of the importance of a healthy diet through Science and PSHCE lessons.
- Ensure that all teachers (Nursery – Y6) are aware of Basic Food Hygiene recommendations.

#### **Guidelines: *How are we going to meet our objectives?***

- Audit of food based topics in Science, Design Technology, RE, Geography and PSHCE in Key Stages 1 and 2 and related Areas of Learning in the Foundation Stage to be set up with subject co-ordinators.
- Individual Water Bottles are provided in each class at the beginning of the school year. For children in Foundation Stage and KS1 the bottles are refilled each day and sterilized regularly. Children in KS2 take their bottles home on Fridays to be cleaned and return them on Mondays. They are responsible for filling their own bottles each day.
- Information relating to provision of Healthy Packed Lunches to be included in starter packs for new children joining our school.

- School to continue to be involved in :
  - i) Cool Milk for Schools Scheme
  - ii) National Fruit Scheme
- Consider health issues in relation to other break time snacks.
- Promote '5 a day' theme with all children in school. Healthy Schools Workers to assist. School to promote health and healthy food.
- Fruit to be used as rewards for children who receive certificates each week.

**Monitoring and Evaluation: *How do we know our objectives are being met?***

- Class Teachers are responsible for the day to day success of this initiative.
- Reminders about healthy packed lunches to be sent to parents as deemed necessary.
- Uptake of 'Cool Milk' to be monitored.
- Children to be encouraged to try a variety of fruit or vegetables as provided by the scheme.
- '5 a day' message is promoted in appropriate Units of Work in PHSCE, Science and DT. '

**Notes**

- School awarded Healthy School Standard in March 2002. Have been re-awarded 2003 – 2005, 2006 – 2009.
- Mrs Marley attended Healthy Schools training in 2010 and has updated the Healthy Schools Standard on the website.
- This school actively supports healthy eating throughout the school day.
- This policy document was produced in consultation with pupils, school staff and Governors.
- This policy to be reviewed 2013.