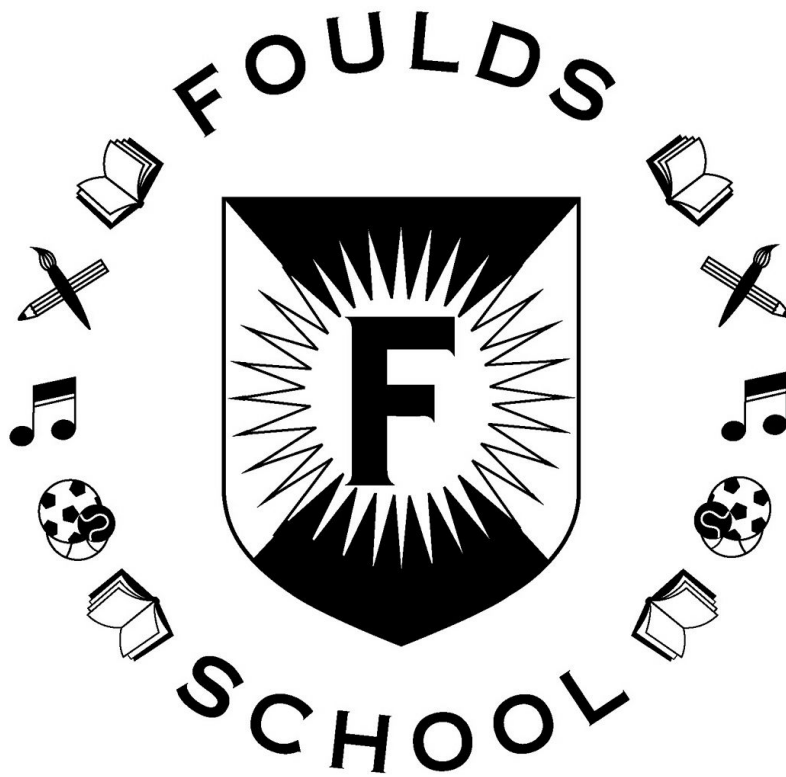


Foulds School



Food policy

Updated: Spring 2019
Review date: Spring 2022

Aim/Rationale

At Foulds School we understand the importance of a healthy, balanced diet and the impact it has on student's ability to learn effectively and achieve high standards in school and learning. We recognise that what we model and how we educate children now, will help to develop them into healthy individuals. We aim to promote and develop a healthy, balanced philosophy towards all aspects of food and drink amongst pupils, staff, governors and parents/carers.

Objectives

- To ensure that the school community are able to make informed choices about the importance of food and drink, its production, plus exercise, and their role in developing a healthy body, diet and lifestyle.
- To provide training in practical food education for staff in food safety, hygiene and nutrition.
- To provide a welcoming dining environment that promotes positive social and cultural interaction.
- To aim to ensure that pupils are well nourished at school and have access to safe, tasty, nutritious food and fresh water available during the school day.
- To adopt and develop a school ethos and curriculum in order to create a school day that adopts elements of an environment which supports a healthy lifestyle.
- To recognise that the sharing of food is a fundamental experience for all people and a way in which promotes, recognises and celebrates cultural diversity. This also provides occasions that foster and develop friendships and inter-generational bonds.
- To aim to ensure that food provision in the school reflects ethical and medical requirements such as, religious, ethnic, vegetarian and medical needs, as closely as is possible. With regard to severe food allergies; whilst every effort is made to avoid having the specific food allergens in school, we cannot guarantee that traces of these foods may not be present. The diet of the child/ren is monitored and staff are made aware of who the individuals are.
- To participate in national events and initiatives, e.g. school fruit and vegetable scheme, milk scheme and Barnet Healthy Schools Initiative.
- To link a healthy diet to healthy bodies - provide opportunities and access to regular physical exercise as part of the school day and in extra curricular opportunities.
- To provide opportunities, as part of the school community, for educating and promoting healthy eating, towards healthy balanced diet and lifestyle.
- To develop and adopt awareness of environmental elements and issues in relation to food and healthy lifestyle.

Food in the curriculum

To address knowledge and skills and encourage pupil's metacognition , a variety of methodologies, contexts and subject areas are adopted to reflect the school community emphasis on healthy eating.

Healthy eating knowledge, skills and attitude are addressed using a variety of methodologies, contexts and subject areas to reflect the whole school emphasis for a healthy balanced lifestyle.

Curriculum content includes:

- The importance of food groups and their respective roles.
- The development of strong, healthy bodies.
- To understand what constitutes a balanced diet.
- An understanding of cultural diversity.
- The development of respect and understanding of opinions and beliefs of others.

- The role/part food plays in religious festivals and cultures.
- The significance of exercise in developing healthy bodies and lifestyles.
- The importance of choosing a rational balance in healthy eating and lifestyle.
- The importance of hygiene and safety aspects of healthy eating and lifestyles.

Food in the school community

The school will support opportunities to further encourage healthy lifestyles by leading by example. The school works in partnership with parents and pupils, promoting and encouraging children to bring healthy lunches. Clubs and activities are provided that encourage healthy lifestyles, e.g. cookery club, gardening club, physical activity clubs and participation in events and schemes, locally and nationally. The lunchtime environment promotes calm, respect and good behaviour. Meal time supervisors engage with pupils to encourage eating, healthy foods and hygiene aspects. School dinners are on offer which ensures specific nutrients and standards are met to provide a balanced meal. These are monitored and the service evaluated by the head teacher and governing body to ensure food is fresh and varied.

The school recognises that food plays an important part in celebrations and festivals and uses discretion and promotes the importance of adopting a 'rational balance' on these special occasions.

Guidelines/Procedures

- Adopt teaching opportunities, schemes, methods and multisensory approaches to enable individuals to make informed choices.
- Provide access for some opportunities for staff training in food preparation, hygiene, health and safety etc.
- Ensure areas where food is produced are safe and hygienic and food is able to be consumed in pleasing, relaxed eating environments that foster social and cultural aspects of learning.
- Provide easy access to fresh drinking water and encourage individuals to bring in water bottles and take regular drinks. Encourage parents/carers to ensure packed lunches are healthy and nutritious. Monitor that children are eating a sufficient quantity at lunch time. The head teacher to continue to monitor the provision of school dinners.
- Communicate shared vision and values of promoting healthy lifestyle to pupils, parents/carers, staff and community through teaching and learning, assemblies, talks and presentations, newsletters, clubs, special events and activities and participation in national schemes and awards.
- Ensure that occasions for sharing food are welcoming and enjoyable and that social and cultural sharing is encouraged.
- To recognise cultural, ethical and medical diversity by the sharing of information and creating an environment, conditions and opportunities and access and provision, to meet this diversity.
- Participate in national schemes and events.
- Provide a curriculum and school day that promotes and provides regular opportunities for physical activity and exercise. To offer extra curricular opportunities available for all to participate in further physical exercise.
- To hold special events and awareness opportunities designed to promote healthy lifestyles. To communicate information through talks, presentations, participation and newsletters.
- Develop and encourage an awareness for the environment. Evidence of recycling, gardening and growing produce, composting, water collection, awareness of quantities and packaging.

Developing awareness of environmental issues that affect and impact on healthy lifestyles, e.g. sunshine; the need for sunscreen and provision of shade.

Monitoring and Evaluation

- This policy will be reviewed tri-annually in light of changes and improvements.
- The head teacher, together with the learning mentor, are responsible for the implementation and monitoring of this policy.