

# COMPTON ALL SAINTS' C OF E PRIMARY SCHOOL

## Food Policy

*Compton All Saints' aspires to the highest possible attainment for all of its pupils and is committed to constant improvement across all areas.*

*All its work is underpinned by its core values of compassion, gratitude and honesty.*

### **Introduction**

We are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy is one of several that supports children's personal and social development and should be read in conjunction with the PSHE policy, Drugs policies and Sex and Relationships policy.

### **Rationale**

As a small village primary school we are at the heart of our locality and it is important that we promote health awareness through all of our work and to all members of our school community. Through effective leadership, team work and the modelling of our core values, all school staff can create an environment that supports and celebrates healthy living.

### **Aims and Objectives**

- To promote health awareness ;
- To contribute to the healthy physical development of all members of our school community;
- To give our pupils the knowledge and skills they need to make healthy choices;
- To encourage all children to take part in the '5-A-Day' campaign.

### **Food in school**

Compton All Saints' supports the '5-A-Day' campaign which encourages children and adults to eat five portions of fruit and vegetables per day. This has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

### **Snacks**

Through a government initiative, all Foundation Stage and KS1 children are given a morning break-time snack of either fruit or raw vegetables and so do not need to bring snacks into school themselves, although they may if they wish. Children from these classes are given responsibility for collecting and passing around the fruit/veg and for helping to clear away. Children in Class 1 are also provided with milk free of charge through an annual donation from the Compton School Association. Any fruit or veg not eaten at morning play is shared again at afternoon play.

Children in KS2 may bring in fruit, vegetables, or plain crackers as a morning snack. Sweets, sweet biscuits, cereal bars, cakes etc are not permitted at morning break. We do not use vending machines at Compton All Saints'. Key Stage Two children are able to purchase a healthy snack from the tuck shop operated by the school cook.

### **Birthday Sweets**

We request that parents/carers do not send in sweets or cakes for children to share with classmates when it's their birthday.

### **School Dinners and Packed Lunches**

All of our school meals are provided by Hampshire Caterers (HC3S). They have a healthy food policy as part of their tender and all meals are nutritionally tightly-controlled. All meals include options each day for the children to choose fresh fruit and salad items. HC3S provides a vegetarian and non-vegetarian choice as well as a jacket potato and packed lunch option. The packed lunch also heeds nutritional balance requirements and consists of a filled roll, piece of fruit and a drink.

Many children bring a packed lunch to school. Advice and recommendations about the contents of packed lunches are provided via the school newsletters/blogs; sweets, fizzy drinks and items containing nuts are not allowed.

### **Water for all**

Water is freely available throughout the school day to all members of the school community via taps and cups in classrooms and the staffroom. We suggest all children bring their own water bottle to school; they can have appropriate access at any time. Water bottles should be brought in on a daily basis so that they can be washed regularly.

Fizzy drinks are not permitted in school and only water may be drunk during the school day, although squash or juice may be drunk at lunchtime.

Parents and carers are also able to purchase small daily cartons of milk for their children through the 'Cool Milk' scheme. The cartons are collected and distributed by pupils and drunk at morning break.

### **Food across the curriculum**

There are a wide range of opportunities for children in all classes to develop knowledge and understanding of health, including healthy eating patterns and preparing and cooking food.

Literacy provides children with the chance to explore poetry, cultural stories and a variety of other genres of writing with food and food-related issues as a stimulus, eg writing to our local MP campaigning against battery chicken farming.

Maths offers many possibilities for weighing and measuring, calculating quantities for recipes and developing understanding of the nutrition labeling on different foods.

Within Science, children learn about different types of food, their nutritional composition and how to create a balanced diet. Children learn about different nutrients and how they contribute to health and physical strength and fitness.

ICT affords pupils the opportunity to research food issues using the internet and other electronic resources. Pupils use a range of software and apps to design posters, packaging and adverts for healthy food, or to highlight the dangers of a poor/unhealthy lifestyle.

Food Technology (as part of Design Technology) allows children to have practical experiences of preparing and cooking food and learning more about where it comes from. Children at Compton have opportunities to cook in different settings – for example in groups in school as part of a class topic or at Forest School using the campfire.

Through our Personal, Social and Health Education curriculum (PSHE) children learn about how to live a life that is physically, mentally and emotionally healthy. This includes considering diet, exercise, prescribed medicines and drug and substance abuse.

Geography provides a focus on the natural world, changing environments and sustainability. Children can consider the impact our consumer choices have on people who rely on growing food as their source of income, as well as issues such as the carbon footprint inflicted by transporting food all over the world.

History gives us insight into how food and diets have changed over time and how our health and lifespans have been altered as a result.

PE provides pupils with the chance to develop physically and to understand the practical impact of healthy eating on sporting activities as well as daily life.

Alongside specific subject areas, extra-curricular activities also support the development of children's knowledge and understanding of food. For example, food grown in our raised beds on the school field is either sold to parents and carers or cooked (often by the children) and eaten on the school premises. Also, themed weeks and days often provide lots of opportunities for children to gain practical cooking experience and experiment with ingredients from around the world.

**Partnerships with parents and carers**

The partnership of home and school is critical in shaping how children and young people behave where health is concerned. Each must reinforce the other and the school takes seriously its responsibility to lead by example.

Parents and carers are updated on our snacks, water and packed-lunch guidelines through the website and newsletters.

During out-of-school-hours events, such as discos and Fun Days, the school encourages parents and carers to consider the food policy in terms of the range of refreshments offered for sale to the children. Sweets are no longer sold at the school disco and stalls only selling sweets are kept to a minimum at school fairs etc.

**Role of the Governors**

Governors on the Curriculum Committee have responsibility for ensuring that this school policy is upheld and report accordingly to the Full Governing Body. They can also offer guidance when a member of the body has particular expertise in this area.

**Monitoring and Review**

The PSHE leader (the Headteacher) is responsible for supporting colleagues in the implementation of this food policy. The local authority is responsible for ensuring the quality of food offered by HC3L is of the required nutritional and hygiene standards.

**This policy will be reviewed every three years or sooner if new developments or legislation comes into force.**

Signed ..... Date .....  
Chair of Governors

Signed ..... Date .....  
Headteacher