



Food Policy

VERSION: December 2024

NEXT REVIEW: December 2026

Introduction

At Donisthorpe Primary School, we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of their behaviours, and encourage them to take responsibility for the choices they make. The school supports the '5-A-DAY' ethos to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

Rationale

Donisthorpe Primary School is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families about food and healthy-eating patterns. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to eat five pieces of fruit or vegetables each day

Snacks in school

All our under-5s are entitled to free milk which is organised by the staff.

School lunches and packed lunches

All our school meals are provided by our school kitchen who follow the School Food Standards set out by the government. This includes the use of fresh fruit and vegetables each day as a choice for the children.

Many children bring packed lunch to school. We communicate to parents/carers about the contents of these and we do not allow sweets or fizzy drinks. We actively encourage parents/carers to include healthy options through our Health Lunchbox Ideas leaflet (Appendix 1)

Water for all

Water is freely available throughout the school day to all members of the school community. Children may drink water at any convenient time

Food Across the Curriculum

Across the school, there are many opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

English provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

New Technologies can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food Technology as part of design technology provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils can discuss issues of interest to young people, e.g. advertising and sustainable development.

Music can explore songs which link to the theme of food.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.

History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

School visits provide pupils with activities to enhance their physical development, e.g. to activity centres.

Out-of-hours learning includes cookery and gardening clubs from time to time.

Partnership with Parents and Carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other.

Parents and carers are regularly updated on our water and packed-lunch policies through bi weekly newsletters. We ask parents not to send in fizzy drinks and we remind them that water may be drunk during the school day, except at lunch when children may drink juice or squash.

The Healthy Lunchbox Ideas leaflet, along with a letter reminding parents of the fact that we are a 'nut free school', are sent out at the beginning of each academic year.

Sometimes, children may be given the choice of completing a cooking activity as part of their topic/project homework. Any cooked items brought to school for this purpose may be shared with classmates, at the teacher's discretion.

Sometimes, children may complete a cooking activity as part of the broad and balanced curriculum in school. Any items cooked in school may be shared with classmates, at the teacher's discretion. Parents/carers will be informed by class teachers.

During out-of-school events, e.g. school discos etc., the school will encourage parents/carers to consider the food policy in the range of refreshments offered for sale to the children.