



FERNDALE PRIMARY
SCHOOL

Food Policy

2015



Ferndale Primary school

Policy on Food

Introduction

At Ferndale we are committed to ensuring that the children in our care grow into healthy adults, this being the first of the five principal requirements of the Children Act 2004 ('Every Child Matters'), i.e. that they:

- be healthy;
- stay safe;
- enjoy and achieve;
- make a positive contribution;

We want to instil in our children 'a love of cooking' and begin to teach them a 'life skill.' Consequently, this school does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food. Previously, we have gained a Healthy Schools award. We believe that it is only through a whole-school approach that the key messages about food and drink can be really effectively conveyed. This document sets out our policy on this.

Aims and objectives

- To help children know and understand the importance of food and drink in a healthy lifestyle.
- To help children learn what healthy food is.
- To give children the skills they need to make the right choices with regard to food and drink.
- To promote the physical and emotional well-being of all our children.
- To help the children learn basic cooking skills

Cross-curricular links

We will plan explicit teaching about healthy eating in our formal curriculum.

Design and Technology

We will teach children about the preparation and cooking of healthy food and many aspects of hygiene in design technology classes.

Geography

In geography children will learn where food comes from and how it reaches the shops.

Science

In science, we will teach about nutrition and the needs of a healthy body and again discuss the important role hygiene has on the body.

Numeracy

Through Numeracy, we will teach children to measure and calculate size and weight.

Literacy

In Literacy, we will provide opportunities for children to discuss, read and write about health-related issues, and why some parts of the world have a surplus of food, while other parts have famine.

R.E

In religious education, children will learn about how food is valued in different societies, and the part food plays in religious custom and practice.

P.E

In physical education, children will have the opportunity to learn how their body reacts to exercise, and the importance of food and drink to participation in sport and dance.

P.H.S.E

In PHSE, children will have the opportunity to reflect on food-related issues such as how food is advertised, and how we can enjoy treats without damaging our bodies.

We will also promote healthy eating through the informal curriculum. For example, we will promote healthy eating regularly in assemblies. We will encourage children to participate in after school games clubs and sports such as Mukti-skills, Basketball and Cross Country.

We will organise school visits to outdoor pursuit centres such as The Old Vicarage and Edmond hall, and provide opportunities for children to explore the natural world.

Our school site will be fully exploited in the interest of the children's physical and emotional development through playground activities such as the Tyres, Monkey bars and Climbing wall for KS2, the climbing frame and Tyres for KS1 and the climbing frame, bikes and other play equipment for Foundation. We also encourage children to use equipment in the playground such as hoops, skipping ropes and bats and balls.

The school environment

- We will ensure that our school environment promotes healthy eating. Our tuck shop sells only healthy foods and drinks and gives a prize of a healthy goody bag each week to a child who has bought an item from it.
- We will encourage children to drink plenty of water by providing them with a water bottle for use at any time, access to cooled water, and regular opportunities to drink water throughout the day.
- Children will be encouraged to bring fruit or a healthy snack to eat at break times if they wish to have a snack and to drink water or milk at this time also.
- Children in KS1 and Foundation also have an allotted time each day to eat free fruit and drink water.

School lunches

We will serve only healthy food and drink for our school lunches. The lunches will be prepared by our school contractors, who will not be granted a tender unless they make a commitment to provide healthy food. A basic requirement will be that they provide a vegetarian option each day, that they always serve vegetables and fruit, and that all lunches have a balanced nutritional value.

The parents of children who bring packed lunches will be made aware of our healthy-school policy, and given clear guidance about what should be included in a healthy packed lunch.

Role of parents

We will work closely with parents to ensure that the messages about food and drink we give in school are reinforced and supported at home.

We expect all parents who send their children to our school to respect our healthy food policy and to support it fully through the food they give their children to bring to school.

At our parent meetings and through letters each year we will explain to parents the importance we place on healthy eating, and why we endorse this policy.

Food Technology Co-Ordinator - Rebecca Lilly

Date - September 2014

(This Policy will be updated throughout the year in line with the new curriculum)