

The Churchside Federation

Whole School Food Policy

Introduction and Context for policy

Mundford & Gooderstone are small rural schools. The staff and Governors are committed to being a Healthy School and to promote the health and wellbeing of the school community. As part of this we aim to help our pupils understand the consequences, and to develop the skills to take responsibility for the choices they make.

Other relevant policies

- PSHE
- Science
- Physical Activity

Aim

- To ensure that all aspects of food and nutrition in the school helps promote the health and well-being of the whole school community

Objectives

- To ensure that food provided across the school day is consistent with our aim and meets the mandatory standards
- To ensure that food and nutrition information across the curriculum and in extra-curricular activities is consistent and up to date.
- To ensure that the whole school community is involved in the development and implementation of this policy

Food provided across the school day:

- **Break time**
 - The school takes part in the National Fruit for Schools scheme and a piece of fruit is provided each day for all children in Nursery, Reception and KS1
 - KS2 children may bring a piece of fruit from home
 - Tuck shop: this operates on three break times each week and is run by teaching assistants and pupils in Year 6. Options include fruit bread, fruit buns, cheese, raisins, fresh fruit, yoghurts; children are not allowed to choose more than one bread item.
- **School lunches:** school meals are provided by VERTAS (EATS) and adhere to food and nutrition standards. Parents receive a copy of the menu on at least a termly basis and are asked to confirm which lunches they wish their children to eat. Newsletters include reminders about the provision of Universal Free School Meals for children up to Year 2 and the availability for children in KS2 whose parents fit the criteria.
- **Packed lunches:** we work with children and families to encourage a well-balanced packed lunch. The school passes on information e.g. Snack Swap ideas and speaks directly to parents of children who do not have a healthy balance in their lunch boxes.

Monitoring of food provision and choices

The Headteacher meets termly with the Key Account Manager (Kim Murray) to discuss menus and quality of food provided. We also ask the children for the views on the food on offer and note any choices which are unpopular. As part of the monitoring process we are aware of the amount of food wa stage.

Dining environment

The dining hall is the school hall and a pleasant place to eat in. At Mundford the children are seated with children from their class. At Gooderstone children of different year groups are seated together. All are encouraged to talk quietly. The “best” table and individuals are awarded table points for their team by the meal supervisors at Gooderstone.

Water provision

Pupils have access to good quality fresh drinking water across the school day and are encouraged to drink plenty of water. (Fizzy drinks are not allowed in packed lunches).

Curriculum

Evidence of how the school teaches that healthy food choices are important to maintain a healthy lifestyle eg:

- Science
- Design and Technology
- Cross curricular work
- PSHE
- Vegetable patch where food is grown - Gooderstone
- Taking part in local and national initiatives

Inclusion

If pupils have a food allergy, all parents are informed that this particular food cannot come in school in lunchboxes. (e.g. nuts)

Partnerships

We work with the following on food issues:

- School Council
- Health Professionals e.g School Health Advisor
- Parents and Carers
- Governors are kept up to date with the latest information and are invited to attend lunches at their convenience

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Signature C. Galletly

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