

GREAT ORTON SCHOOL FOOD POLICY

Process:

The example policy was discussed and amended by the Head, Governors, teachers, parents, catering staff and lunchtime assistants, and pupils. The final draft was approved by the governing body.

Aims:

Proper nutrition is essential for good health and effective learning.

We aim to:

- provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety.
- provide a 'whole school, whole day' approach to nutrition that makes the 'healthier choices, easier choices'.
- work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs.
- work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- involve pupils and parents in all decision making.

We aim to promote healthy & balanced eating by:

- encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide – 'The Balance of Good Health' and the new nutritional standards.
- encouraging foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and dairy products
- encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods.
- encouraging fruit juices, milk and water.
- discouraging sugary drinks and less healthy snacks between meals

School Catering:

We believe that the subtle messages that pupils receive about food and health from the daily life of the school are as important as those given during lessons, eg. school menus, peer pressure to eat certain snacks in packed lunches. By working together, we promote healthier eating habits.

- School lunchtime menus are agreed between the school and catering staff. Local preferences are considered within the framework of the nutritional standards.
- Termly theme days are linked to curriculum areas or calendar events.
- All children are given a portion of vegetables as part of their meals. They are

encouraged to try some, even if it is a small portion.

- Due to the large difference in calorie requirements between infants and juniors, portion sizes are adjusted accordingly.
- Children are offered a choice of main course.
- Milk is available at morning breaktimes for reception children under five.

Packed Lunches:

A guidance leaflet will be developed in consultation with parents on the content of packed lunches.

Example:

It is recommended that packed lunches include some fruit or vegetable e.g. piece of fruit or fruit juice, dried fruit, cherry tomato, raw carrot, cucumber wedge. Sweets, sugary drinks and chocolate should not be included. Diluted fruit juice in a screw top bottle is cheaper and easier to manage than prepared drinks. All waste and uneaten food is returned in the lunch box so that parents know what has been eaten.

Mid morning snacks:

In consultation with parents it has been agreed that the only snack children can bring to school is fruit. Infant children receive free fruit daily.

Drinks Policy:

- Children are encouraged to drink 3-4 glasses of water at school particularly after PE, active play and in hot weather.
- water will be provided via individual bottles system.

School Ethos, Environment and Organisation:

The school recognises:

- the importance of lunchtime organisation on the behaviour of pupils.
- the value of promoting social skills

Teachers, caterers and lunchtime assistants work together to create a good dining room ambience and the development of appropriate table manners.

Non-teaching staff are supported by the school behaviour policy.

All reception children are encouraged to have school meals to support the development of social skills and to promote acceptance of a wide range of foods.

Free Schools Meals:

The school recognises the particular value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised.

Treats and Rewards

- To ensure consistent messages, sweets are not used as rewards.

Curriculum, Teaching and Learning:

- The National Nutrition Guide – ‘the Balance of Good Health’ is used across the curriculum. Pupils are given the opportunity to apply this to school meals/packed lunches.
- Pupils are given the opportunity to taste, touch, smell, and feel a variety of foods.
- Multicultural aspects of food will be explored and linked with school meal theme days.
- Parents are encouraged to join in the classroom cooking and after school cookery club.

Parental Involvement:

- All new parents are given a summary of the nutrition policy and guidance leaflet.
- Information about school catering is provided at parents evenings and in school newsletters. eg. menus, theme days, free school meals.
- Parents and Governors will be invited into school to eat lunch with the children annually.
- Feedback from parents is invited in newsletters.

Parents are consulted before any major changes are made.

Adopted ...8/5/2017.....

Signed:...Ellen Whitfield.....
Chair of Governors