

 **Monkton Church of England Primary School**

Food Policy

Lead Person: Chris Marston

Policy Date: September 2022

Review Date: September 2025

Signatures:

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Chair of Governors Executive Headteacher

Federation of Minster and Monkton Church of England Primary Schools

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| **Monkton Church of England Primary School** |
| **Compassion, Courage, Justice****Jesus said, ‘Go and do the same.’** |
| Our school has compassion at its heart, which inspires us to be people of courage, who care for ourselves, stand with others and seek justice as we grow and discover the world around us.By knowing each individual, our learning environment is shaped to encourage creativity, promote challenge through our learning values and nurture spirituality, ensuring all thrive. |
| **The Parable of the Good Samaritan**Luke 10:25-37 English Standard Version (ESV)  |
| **Christian Foundations** |
| **Compassion Courage** **Justice** |
| **As a Federation, we are passionate about every individual flourishing, so that they can be nurtured and develop as well-rounded children, living life in all its fullness.**Every policy is written with our Christian Vision and Foundations in mind. |

**Introduction-**

Our school is committed to giving all 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 should be read alongside the school's SRE policy (with reference to HeartSmart).

The school supports the '5-A-DAY' campaign 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. We provide our EYFS and KS1 children with free fruit through the Government’s Free Fruit for Schools scheme. KS2 Children are encouraged to bring in a piece of fruit for a break time. The school supports the Eat Well guide for maintaining Healthy weight.

**The aim of this policy-**

* 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 take part in the '5-A-DAY' campaign
* To support the Healthy Schools Local Priority : Healthy Weight
* To ensure children have a suitable midday meal that sustains and prepares them for the afternoon’s learning
* To help children develop an understanding of healthy eating
* To help us maintain our Healthy Schools status
* To support parents/carers in providing a healthy packed lunch that meets the same standards as food provided in school dinners, taking into consideration cultural and religious beliefs and observations
* To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

 **Our School-**

We will provide a safe, healthy and appealing eating environment for pupils eating snacks and packed lunches, and ensure fresh drinking water is available at all times.  We will encourage all pupils to eat and drink as much of their morning snack or lunch as possible.  As fridge space is not available in school parents are advised to send in packed lunches in a cooler bag or food that does not require refrigeration.

**Water-**

It has been recognised that children’s concentration and behaviour improves when children drink water throughout the day. Dehydration can give children headaches and make them feel tired. Therefore, we encourage all pupils to bring a plastic bottle of water to school each day. This will allow children to have access to fresh drinking water throughout each day.

The following guidelines for snacks and lunchbox contents may help support parents and ensure health and equality for all children.

**A healthy packed lunch should include-**

* At least one portion of fruit and or vegetable (this could include carrot sticks, celery, tomatoes, an apple, grapes etc.)
* Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
* A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat) or a starchy food such as pasta, rice or noodles or a wrap.
* Dairy food such as cheese, yogurt or fromage frais
* A bottle of water
* Savoury crackers, rice cakes or breadsticks etc.
* Eating utensils if necessary

**Packed lunches should avoid the following foods as diets that are high in fat, sugar and salt are associated with a higher incidence of many of today’s common health conditions such as heart disease, some types of cancer, high blood pressure, stroke, obesity and tooth decay.**

* Confectionery such as chocolate bars, chocolate coated biscuits and **no** sweets.
* Sausage rolls and pies should only be included occasionally i.e. once a week.
* Regular crisps should only be included occasionally i.e. once a week.
* No fizzy drinks.

**Nuts and nut products (e.g. peanut butter) should never be sent to school because of allergy concerns.** Neither are children allowed to share food items for this same reason.

**Morning Break-**

Children are encouraged to eat a piece of fruit at break time. FS and KS1 receive free fruit. KS2 can bring this in from home if parents wish.

Milk – Children are entitled to free school milk until they turn 5. If parents wish for their child to continue receiving milk in school they can order it through ‘Cool Milk’ [www.coolmilk.com](http://www.coolmilk.com)

In some circumstances Pupil Premium children will have funded milk and fruit provided.

On a daily basis the mid-day supervising staff see what children have in their lunchboxes whilst supervising in the dining hall. This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking.  However, we may send parents a reminder of this policy if lunchbox contents regularly fall short of the expectations in this policy. It is not our intention to tell parents what and how they should be feeding their children and we will not do so, but we want to work with parents to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older.  If your child has not eaten enough of their lunch, we will wrap it up and send it home in their lunch box in order for you to see.

On special occasions small treats may be given out by class teachers at the end of term.

As part of fund raising the PFA may sell sweets and cakes at events outside of school time. You will be made aware of any opportunities for your child to purchase such items. If you do not want your child to partake, please do not send in money for these purchases and ensure your child is aware.

**Curriculum**

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| In EYFS, KS1 and KS2 there are opportunities for pupils to develop knowledge and understanding of health, including healthy-eating and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.**Literacy** provides children with the opportunity to explore poetry, persuasion, argument, instructions, recipes 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. Catering for school parties. Data handling- lunch box contents. **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, experiments on food storage, composting and rotting and healthy diets and lifestyles, food tasting and exploring new foods. **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.Computing 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 DT** provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking e.g. making fruit smoothies and healthy snacks.**SRE** sessions along with the HeartSmart programme, provide opportunities for children 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. **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 including Fair Trade. **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.**Themed days and weeks** These provide opportunities for learning about food from other cultures, healthy lifestyles etc. **Although staff often give end of term/year treats to their class, we ask that they do not send home sweets.****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 school and class newsletters. We ask parents not to send in fizzy drinks. |