

# Willerby Carr Lane Primary School



## FOOD POLICY

### 1. Aim

To improve the health and wellbeing of pupils, staff and their families by helping to influence their eating habits.

### 2. Introduction

At Willerby Carr Lane Primary School we try to improve the health and wellbeing of the entire school community by teaching pupils ways to establish and maintain healthier eating and lifestyle choices through the curriculum, school food and drink and the extended schools agenda.

This policy is a shared vision on all aspects of school food and drink, which links together the different key areas of school life in a clear and consistent way, by incorporating the curriculum, extended schools agenda, school food and drink, extra curricular activities, pastoral care and welfare, pupils, parents and school staff to achieve one common aim of healthier happier pupils.

Developing a whole school food policy enables the school community to link together several pieces of Government policy, legislation and guidance in one document eg:

- Healthy living blueprint for schools
- Every Child Matters
- National Healthy School Programme
- Nutritional Standards for School Lunches and other school food
- Food in schools toolkit
- Fruit and vegetables in schools
- Choosing Health
- 5 a day programme
- National Curriculum
- Heartbeat Award
- Extended Schools Agenda
- East Riding public health strategy



It also demonstrates how committed the school is to making a positive contribution to the health and wellbeing of pupils, staff and wider community through increasing their knowledge and awareness of food and drink.

The School Food Policy Seeks:-

- To ensure pupils, staff and visitors are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a free, safe and easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of pupils, staff and visitors eg religious, ethnic, vegetarian and medical.
- To increase pupils' awareness and knowledge of food production, manufacture, distribution and marketing practices and what impact they have on health and the environment.
- To make the provision and consumption of food and drink at school an enjoyable and safe experience.
- To work in partnership with all relevant stakeholders (Caterers, Local Authority, Primary Care Trusts, Parents, Wider Community Links, Food Suppliers, OFSTED and the Government) to ensure that good practice is introduced and actively promoted within the school.
- To incorporate and implement the following key areas within the whole school food policy:-

- School Councils/Pupil Councils
- Break time snacks
- School lunches
- Healthier lunchboxes
- Water provision
- Healthier vending
- The Dining Room experience
- Curriculum
- Extended school agenda/After School Clubs
- Accounts / Finance of meal provision

#### **4. Objectives**

- To work towards ensuring that this policy is accepted and embraced by:-

- Governors
- School Management
- Teachers and support staff
- Pupils
- Parents / Carers
- School caterers/Food providers



The school's wider community

- To integrate these aims in all aspects of school life via:-

Food and drink provision within the school

The curriculum

Extended schools agenda

Pastoral and social activities

## **5. Methods**

- Establish an effective structure to oversee the development, implementation, and monitoring of this policy, and to encourage a participatory approach to meeting the objectives.
- Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food, through both education and example.
- Create an environment both physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food.
- Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.

This policy has been approved by the governors of Willerby Carr Lane Primary.

Signed: .....

date: .....



## Appendix A

**Signposting – Further information on the topics listed below can be found as indicated**

- School Councils/Pupil Councils
  - Food policy in schools – a strategic policy framework for governing bodies, food standards agency
- Healthier breakfast Clubs
  - Food in schools toolkit, department of health, [www.foodinschools.org](http://www.foodinschools.org)
  - Food policy in schools – a strategic policy framework for governing bodies, food standards agency
- Healthier tuck shops and break time snacks
  - Food in schools toolkit, department of health, [www.foodinschools.org](http://www.foodinschools.org)
  - Food policy in schools – a strategic policy framework for governing bodies, food standards agency
- School lunches
  - School Meals Team – East Riding of Yorkshire Council, Tel:01482 395320
  - School Food Trust, [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)
  - Department for Education and Skills, [www.dfes.gov.uk/schoollunches/default.shtml](http://www.dfes.gov.uk/schoollunches/default.shtml)
  - Headley Steven, food services manager 01482 396221
- Healthier lunchboxes
  - Food in schools toolkit, department of health, [www.foodinschools.org](http://www.foodinschools.org)
  - Food Standards Agency, [www.food.gov.uk/](http://www.food.gov.uk/)
  - School Food Trust, [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)
  - Food policy in schools – a strategic policy framework for governing bodies, food standards agency
- Water provision
  - Food in schools toolkit, department of health, [www.foodinschools.org](http://www.foodinschools.org)
  - Department for Education and Skills, [www.dfes.gov.uk/schoollunches/default.shtml](http://www.dfes.gov.uk/schoollunches/default.shtml)
  - Food policy in schools – a strategic policy framework for governing bodies, food standards agency
  - School Food Trust, [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)
- Healthier vending
  - Food in schools toolkit, department of health, [www.foodinschools.org](http://www.foodinschools.org)
  - Department for Education and Skills, [www.dfes.gov.uk/schoollunches/default.shtml](http://www.dfes.gov.uk/schoollunches/default.shtml)
  - Food policy in schools – a strategic policy framework for governing bodies, food standards agency
  - School Food Trust, [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)
- The Dining Room experience
  - Food in schools toolkit, department of health, [www.foodinschools.org](http://www.foodinschools.org)
  - School Meals Team – East Riding of Yorkshire Council, Tel:01482 395320
- Curriculum
  - Crossley-Klinck, Jinny, Area Relationship Manager (West) (39)2413
  - Furbank, Mike, Area Relationship Manager (North)(39)2402



- Seaman, John, Area Relationship Manager (East) (39)2410
- Extended school agenda/After School Clubs
  - Lee Wilkinson, extended schools manager 01482 679921
- Accounts / Finance of meal provision
  - Jonathan Fisher, Finance Manager 01482 394210
- Public Health – Obesity
  - Pinder David, Health Development manager 01482 392510



## Appendix B

### Integrating an ethos of safe, tasty, nutritious and environmentally sustainable food into the curriculum

#### Food topics covered within curriculum areas

- Art, e.g. observation drawings of food, healthy eating poster design
- Personal Social and Health Education, e.g. menu planning, nutrition
- Design and Technology, e.g. cooking, designing tools
- English, e.g. food diaries, following instructions
- Geography, e.g. what food grows where, food miles, transporting food, waste
- History, e.g. past diets, discoveries
- Information Technology, e.g. recording results of a food survey, website review
- Maths, e.g. weights and measures
- Physical Education, e.g. links between healthy eating and exercise
- Science, e.g. effects of heat on food, plant growth, nutrition

