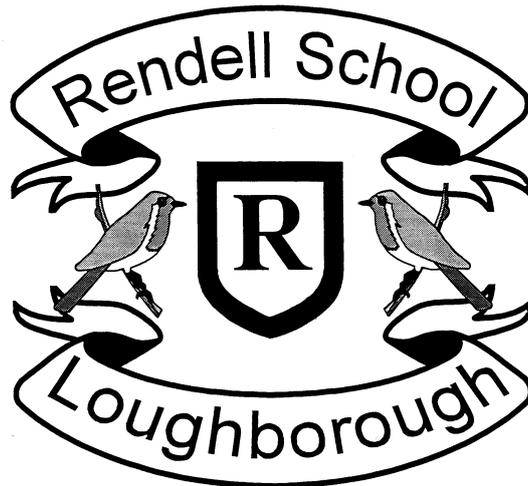


Rendell Primary School



School Food Policy

September 2012

Date Adopted.....

Signed

Whole School Food Policy: Rendell Primary School.

One of the five outcomes in the 'Every Child Matters' document is being healthy:

Being Healthy: enjoying good physical and mental health and living a healthy lifestyle.

The continuation of a whole school food policy will be a key element in achieving this criteria.

Strengthening the food policy will make Rendell more focused in achieving a healthier school; already we promote and participate in many aspects which implement healthy eating.

Aim:

The aim of our whole school food policy is to guarantee that all aspects of food and nutrition in school encourage health and wellbeing of pupils, staff and visitors to our school.

Objectives:

- To ensure that the curriculum features information relating to food and nutrition in different lessons; especially Science and PSHE.
- To ensure that school dinners are healthy and cater for all children, staff of different dietary requirements.
- To ensure that school dinners offer a range of foods which are healthy and nutritious
- To promote to parents the importance of a healthy lunchbox, which has only 1 sugary or chocolate, cake, biscuit or snack bar and no sugary drinks
- To make school a nut free zone.
- To ensure that healthy eating is promoted throughout the two key stages in a variety of subjects.
- To ensure that everyone has access to drinking water.
- To ensure that during break times, children can bring in fruit as a healthy snack.
- To develop cooking opportunities through the curriculum and clubs.

Guidelines:

To help meet our objectives we will ensure that:

- All staff will review planning of subjects to include healthy eating. This has been already successful in Science and PSHE; in addition, healthy eating has also been featured in French lessons, literacy

and Art. Currently 'Keeping Healthy' is a topic covered in Science in both key stages. The topic is not only focused on 'Healthy Eating', but on ways to keep healthy in exercise.

- Discuss ways in which school council can help promote healthy eating. The school parliament is an effective way to allow pupils to take responsibility for increasing healthy eating in school. School parliament could conduct a survey in class- this will identify any improvements needed.
- Advertise healthy eating in corridors through posters and children's work; this will identify that healthy eating is being covered in curriculum areas.
- To ensure break time snacks are inline with the food policy. This aspect will be promoted in newsletters to parents.

Monitoring and Evaluating:

- To review healthy eating policy annually to ensure that objectives are being met.
- Inform parents through newsletters that Rendell is adopting a food policy.
- To ensure that governors are aware of school food policy.
- To make sure that menus for school dinners are being displayed on the school website for children to see- this will encourage them to try school dinners.