

# Whole School Food Policy

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## **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.

## **Introduction:**

To grow and stay healthy children need to eat a nutritionally well-balanced diet. Schools are an influential setting and can contribute significantly to improving the health and well-being of pupils. Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is an increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious.

## **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, nutritious and meet all Government guidelines.
- 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 school 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 or purchase / have access to a healthy snack.
- To develop cooking opportunities through the curriculum and clubs.
- To publish the school dinner menu widely and encourage take up.

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
- Discuss ways in which school MPs can help promote healthy eating. The school parliament is an effective way to allow pupils to take responsibility for increasing healthy eating in school.
- 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 regularly to ensure that objectives are being met.
- Inform parents through newsletters that Rendell has a food policy.
- To ensure that governors are aware of school food policy.