



# **The Edith Borthwick School**

## **FOOD POLICY**

<b>Lead Governor</b>	<b>Stephanie Taylor</b>
<b>Date approved by Governing Body</b>	<b>27 November 2023</b>
<b>Next review date</b>	<b>Autumn 2024</b>

## **Edith Borthwick Whole School Food policy**

### **Rationale**

There is one ritual at the centre of school life shared by all – eating.

Our School is a healthy school. It is important that we consider every element of our work to ensure that we promote health awareness in all members of the school community. We hope to be valuable role models to learners and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

### **We aim**

- To ensure that we are giving consistent messages about food and health.
- To give our learners 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 to eat healthily.
- To offer healthy food and drink at all appropriate opportunities.
- To ensure that food provision in school reflects individual diet choices that reflect medical, allergenic, ethical, religious and personal reasons and needs of our students. We ask parents not to send any nut products in to school. Although we strive to be a nut-free school, it is impossible to provide an absolute guarantee that nuts will not be brought onto the premises.

### **Healthy Snacks - Government Fruit**

All Foundation Stage classes are provided with a morning break time snack of cut and washed fruit, which is shared in a family setting for all class members. Learners are given responsibility for passing the fruit to others and for helping to clear away.

Learners are encouraged to bring healthy foods to school for break time snacks.

### **School lunches**

All our school meals are prepared in house. We have a healthy food policy and aim to provide as much unprocessed local food as possible. This includes the choice of fresh fruit and vegetables each day. We provide a hot main meal, which is in line with national nutritional requirements.

### **Packed Lunches**

Many learners bring a packed lunch to school. We regularly include newsletter items about the recommended contents of these and we prefer learners do not bring sweets or fizzy drinks.

### **Water**

Water is freely available throughout the school day to all learners and staff. Learners may drink water at any time except during assembly. Regular water breaks are built into the school day and the curriculum by class teachers. All learners are reminded to drink water at their snack time.

## **Food across the Curriculum**

Across all the Key Stages there are a number of opportunities for learners to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from, shopping for food and preparing and cooking food.

*Communication, Language and Literacy* provides learners with the opportunity to explore poetry, persuasion, argument and narrative work that use food and food related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in food and drink etc.

*Problem Solving/Maths* supports an understanding of nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

*Knowledge and Understanding /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. It also provides the opportunity to discuss the status of certain foods in the major religions of the world. Learners experience different foods associated with religious festivals.

*ICT* can afford learners the opportunity to research food issues using the internet and other electronic resources. Learners design packaging and adverts to promote healthy food choices.

*Food Technology* provides the opportunity to learn about where food comes from and to apply healthy eating messages. This includes practical work with food, including preparation and cooking.

*Personal Social & Emotional Development (PSED)/Personal, Social & Health Education (PSHE)* encourage learners to take responsibility for their own health and wellbeing, teach them how to develop a healthy lifestyle and address issues such as body image. Learners are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

*Knowledge and Understanding* 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 that rely on growing food as their source of income.

*Physical Development* provides learners with the opportunity to develop an understanding of the benefits of exercise and food choices on healthy physical development.

## **Partnership with parents and carers**

The partnership of home and school is critical to us in shaping how learners behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents/carers are updated on our food, snacks and packed lunch policies through the school website, national flyers and the Newsletter. During out of school events, e.g. school discos etc., the school will encourage the Friends of Edith Borthwick School to consider the Food Policy in the range of refreshments offered for sale.

We also ask for feedback from parents on our food provision through our healthy school programme.

Samples of the lunchtime menus are provided by the Catering team to parents during some Parents Evening consultations.

## **Role of the Governors**

Governors monitor and check that the school policy is upheld and regularly reviewed and are keen to draw on any relevant governor expertise in this area.

### **Monitoring and review**

The Catering Manager and the Class teacher are responsible for ensuring that the food served is in accordance with this policy.

Subject leaders are responsible for the curriculum development of the Food Policy.

The Headteacher is responsible for supporting colleagues in the delivery of the Food Policy.

The Headteacher is responsible for the provision of school meals.

The Catering manager is responsible for the content, preparation and cooking of school meals.

Reviews take place formally and informally and include learners, governors, staff and parents.

This policy will be reviewed annually.

Reviewed Autumn 2023