



Townville Infants School Food Policy

This policy has been developed by a working group which has consulted with parent's caterers, pupils and staff

Persons responsible for implementation and monitoring Headteacher & Senior Management Team...

Other relevant policies, Physical Activity, PSHE

Aims

We aim to:

- Provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety
- Provide a whole school approach to nutrition to promote the health and well being of pupils, staff and visitors to the school
- Work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive meals that are appropriate to local needs
- Work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil
- Involve pupils and parents in decision making

Rationale

At Townville Infants we believe that proper nutrition is essential for good health and effective learning. Our school has a role in contributing to family health and well being.

Objectives

We aim to promote healthy and balanced eating by:

- Encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide
- Encouraging foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low fat dairy products
- Encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods
- Encouraging fruit juices, lower fat milk and sugar-free drinks
- Discouraging sugary drinks and less healthy snacks between meals
- To provide consistent messages about food both within and outside the taught curriculum

- To increase pupils' knowledge and experience of food and nutrition issues
- To ensure food provision in school reflects the ethical, cultural and medical needs of staff and pupils

Guidelines

At Townville we follow the guidelines for PSHE and incorporate a block of timetabled work on healthy eating. We promote healthier eating activities by providing the following:

- Break times - we operate the National Fruit Scheme in Nursery and Main School. We have rules about what can be brought into school – no sweets
- Lunch times provide a healthy school meal through ISS Catering
- School is working with parents and children to encourage the contents of the lunch boxes to be healthy The dining hall has a good friendly environment supported by a number of Lunchtime Supervisors who encourage them to eat sensibly and well
- Water is provided freely throughout the school day via two water coolers.
- We have agencies that come into school to promote healthy eating e.g. ISS Catering, School Health, 5* football coaches, Elite Rugby, oral health professionals
- Parents are consulted about the contents of the school meal and contents of the lunch boxes
- Governors are consulted about the food policy

Implementation and Monitoring

The Headteacher and Senior Management Team are responsible for the implementation of our school food policy. The Senior Management Team ensure that food and drink provision is monitored and is considered by the Governing Body. Any action is identified in the school improvement plan. Parents are consulted before any major changes are made.

Conclusion

We at Townville Infants' try to provide good messages about food and health on a daily basis. We try to ensure that healthy food and drink is provided throughout the day taking into account the needs of the individual, (cultural, ethical and medical). Our Governing Body recognises its responsibility for setting a strategic framework for the school's food policy and for monitoring its implementation.