



# Food Policy

"Everyone who works with children should do what is in the best interests of the child."

Article 3 United Nations Rights of the Child

## **Aims/Objectives**

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school
- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and environment
- To ensure that the food that is supplied by school is of a high nutritious standard and that every pupil has access to a water supply during the school day
- To make the provision and consumption of food an enjoyable and safe experience
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them

## **Strategies and Approaches**

### ***Food***

All children eat packed lunches at school. Parents are expected to provide their children with a healthy, balanced packed lunch. Children's packed lunches are monitored by teachers and lunchtime supervisors. Children are rewarded with house points for good manners/behaviour, helpfulness and tidiness. A note is put into a child's lunchbox if it is noticed that they are frequently having unhealthy items in their lunchbox. A note may also be put into a lunch box to praise a child for a healthy lunchbox.

Children eat their lunch in the school hall. (due to covid the children are eating in class at present) Children are expected to speak quietly to their peers so that the noise level does not become too high and to maintain a pleasant eating environment. Pupils are given sufficient time to eat and younger children are offered advice with regards to the order food should be eaten in. Small rubbish containers are placed on each table and emptied regularly during the lunch session. This policy should be read alongside the lunchtime policy.

Pupils are encouraged to bring a water bottle to school, so that they have a ready supply during the day. There is a water fountain in the playground for use during break, lunchtime and P.E. lessons. In particularly warm weather pupils are encouraged to take their water bottle

with them to P.E. lessons. Children are encouraged to drink water regularly throughout the day. Pupils who do not have a drink with their packed lunch can ask for a glass of water.

Children's snacks for break time must be a piece of fruit or vegetable. Children in Foundation Stage are provided with a healthy snack every day such as yoghurt, vegetables, fruit or pitta pockets.

### ***Curriculum***

Food topics are covered through a variety of curriculum areas including PSHCE, Art, Science, RE, Design and Technology, Geography and History. Lessons may include opportunities to taste and cook food, grow their own food, investigate food production, food hygiene, recycling and nutrition. In addition to this there are regular special days and weeks throughout the academic year such as Healthy Living day /week which may include aspects of healthy eating, nutrition, food production and food cooking demonstrations.

### **Partnership with Parents/Carers**

At Trinity School we understand the value of the relationship between the parent/carer and the school. We invite parents in to cook with children and help prepare snacks for the children as part of our curriculum. Where possible we draw on the individual talents of parents in this area.

Parents are provided with a Healthy Lunch Box leaflet when their children start school. Any parents who are having particular difficulties with food provision and nutrition can be referred to the island's Health Promotion team.

### **Monitoring and Evaluation**

There is a nominated member of staff in charge of food provision and food hygiene and this is the Deputy Headteacher. The provision of food, water and the eating environment will be monitored and evaluated on a regular basis by the SLT.

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