

## Loughton School

### Whole School Food Policy 2018

#### **Rationale**

At Loughton we are committed to giving all our children consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

Loughton supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has shown to reduce the onset of certain life threatening conditions as well as being helpful in tackling and preventing childhood obesity.

#### **Aims and Objectives**

- To ensure that we are giving consistent messages about food and health.
- To give our pupils the information they need to make healthy choices.
- To promote good nutritional health in all pupils.
- To contribute to the healthy physical development of all members of our school community.
- To encourage all children to take part in the '5 a day' campaign.
- To ensure that food provided to pupils in school is nutritious and of high quality.
- To protect those who are nutritionally vulnerable.
- To promote good eating behaviour

**Outlined below are aspects related to our school food policy.**

#### **a) Breaktime Snacks**

Children are allowed to bring into school a breaktime snack. This may consist of fruit and/or vegetables. No crisps, chocolate bars and snack bars are allowed.

#### **b) Water for all.**

Water is freely available throughout the school day to all members of the school community. Children have the opportunity to bring in a clear plastic water bottle to store their water. Children will have regular opportunities to drink their water during the day.

#### **c) School lunches and packed lunches**

All our school meals are provided by a contracted caterer who has a healthy food policy and are required to meet the mandatory standards for school lunches. Water, bread, fresh fruit and vegetables are provided each day. The contractor provides a vegetarian, hot or cold option, all of which pay regard to nutritional balance and healthy options. We do not allow parents to provide other hot food for pupil lunches, for instance take-aways, as this sends the wrong message to other pupils, causes logistical issues, and we cannot be sure that the food is fit to eat after the wait.

Many children bring in packed lunches to school. We regularly include newsletter items about the content of these. **Packed lunches must not include peanuts or peanut butter, as we have children in school with severe nut allergies.** We would ask parents to avoid other nut products if possible. Packed lunches should include a balanced range of foodstuffs, and not be overly biased towards chocolate, sweets, crisps or salty snacks.

**d) Food across the curriculum**

There are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from, such as shopping, preparing and cooking food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, eg writing to a company to persuade them to use non-GM foods in children's food and drink etc.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

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.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

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

Food Technology, as part of DT, provides the opportunity to learn about where food comes from and to apply healthy eating messages through practical work with food, including preparation and cooking.

PSHCE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, eg advertising and sustainable development.

Geography 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 who rely on growing food as their source of income. History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the importance of food for fuel for exercise.

**Partnership with Parents and Carers**

The partnership of home and school is critical in shaping how children and young people 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 and carers are advised on our food policy through school and class newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

During out of school events, eg school discos etc., the school will encourage the Friends of Loughton, parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children.

**Student Voice**

The Student Voice's aim is to involve pupils democratically in the life of their school. The Student Voice helps school to listen to the views of pupils and provide a structure to facilitate

their communication. Each home base elects a representative to input the class' views to discussions and decision making at the Student Voice. Food issues are often an agenda item at the School council meetings.

**Role of the Governors**

The governors will monitor and review the implementation of this policy. This will lead to on-going policy development with changes over time.