



Food in Schools

Aim

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to the school. Hawthorn Primary follows guidance given within the School food Plan. This plan is about good food and happiness. It is about the pleasures of growing, cooking and eating proper food. It is also about improving the academic performance of our children and the health of our nation.

Rationale

- Hawthorn Primary School achieved the Healthy School award in 2004, it is a health promoting environment and as such takes nutrition very seriously
- All children have the right to a healthy diet and school can sometimes play the major part in establishing good food habits at an early age.
- Hawthorn Primary School works within the Every Child Matters agenda to ensure all its outcomes including the right to be healthy as a priority in its day to day work.
- Food and drink affects the ability of children to achieve their true potential
- It is essential for the school to reflect in practice the taught curriculum on food and health.

Purposes or Objectives

- To provide consistent messages in school about food both within and outside the taught curriculum.
- To influence pupils' food and drink choices.

- To contribute to improved pupil behaviour and health, assisting them to reach their learning potential.
- To implement the Food in Schools programme (Dress/DH 2005).
- 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

The school food standards apply to all maintained schools, and academies that were founded before 2010 and after June 2014. They must provide:

- high-quality meat, poultry or oily fish
- fruit and vegetables
- bread, other cereals and potatoes
- Food issues are taught throughout the curriculum as well as timetabled within PSHE lessons etc.
- The school actively promotes healthier food choices during the day, through:

Breakfast club - strict guidelines are followed (see breakfast club policy)

Lunch times - the head teacher works closely with the cook in charge to ensure food is healthy and attractive to pupils; parents are encouraged to join pupils for lunch to allow them to understand the choices being offered to pupils

Break times - fruit schemes operate throughout the school; no sweets, crisps or fizzy drinks are allowed on the premises. This includes children's packed lunches from home.

- Through our work on the outdoor environment pupils have the opportunity to grow their own vegetables and understand where their food comes from. Cooking opportunities are based on this produce.
- Water is provided freely throughout the school day in every classroom and the staffroom. A considerable amount of money is allocated from the school budget for this purpose.
- The School Council consults and involves pupils in decisions about food in school.
- Rules are made clear to parents on arrival at school and they are all invited to join children at lunchtimes to see what the children eat and to try for themselves the nutritious and delicious lunches. Very few children

Review Date: March 2019 – Angela Young

have packed lunches but the parents of those that do are encouraged to ensure lunches are appropriate to the children's needs.

- The PSHCE coordinator receives and disseminates to staff information regarding food issues

Implementation and Monitoring

- The head teacher ensures that food and drink is healthy and that all children take up the opportunities offered.
- The head teacher is responsible for disseminating information to parents.
- The governing body receives a regular report regarding these issues.

Conclusion

It is essential that the whole school community is encouraged to adopt a healthy life style for the pupils to have the best life chances possible.

**Food in School
March 2019
Angela Young**



Hawthorn
Primary School