

Willoughby Primary School

'Learning for Life'



A WHOLE SCHOOL FOOD POLICY

INTRODUCTION

This school actively supports healthy eating and drinking throughout the school day

AIM

To ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to our school.

OBJECTIVES

- To review the formal curriculum every three years to ensure information relating to food, food preparation and nutrition in different lesson areas and clubs is consistent and up to date.
- To encourage all children and staff to drink ample water.
- To encourage Reception and Key Stage 1 children to eat the free fruit daily.
- To encourage Key Stage 2 children to eat fruit.
- To hold a whole school activity to promote healthy eating and drinking messages
- To provide opportunities for food preparation
- To respect differing views about certain types of food due to belief, faith or culture.
- To recognise that some children and adults have food intolerances

ENTITLEMENT

All members of the school community are entitled to be consulted in matters concerning food in school

IMPLEMENTATION

- All children are encouraged to bring a bottle to school.
- There is a water-cooling machine in school which is available for all members of the school community to use.
- EYFS and Key Stage 1 children are allowed ten minutes to eat their fruit before morning break. This may coincide with a plenary session. All children are encouraged to try the fruit on offer
- Key Stage 2 children are given free fruit if there is a surplus and encouraged to consume healthy snacks.
- EYFS and Key Stage 1 children are able to buy milk daily
- Children with food intolerances and allergies are named in 'Medical Information' with details of their allergy which is available to all staff

EQUAL OPPORTUNITIES

Depending on their key stage, all children have equal entitlement and equal access to food in school irrespective of race, gender, religious belief and social background. Views about certain types of food due to belief, faith and/or culture is always respected.

MONITORING AND EVALUATION

- Review policy every three years
- Teaching staff informally monitor uptake of free fruit and use of water.

Policy implemented 22/9/09

Reviewed May 2017

Reviewed: May 2020

Reviewed: May 2023

Review: May 2026