



Blue Sky Federation  
**Erpingham and Northrepps Primary Schools**

<b>Formally adopted by the Governing Body of:-</b>	<b>Blue Sky Federation</b>
<b>On:-</b>	<b>21 March 2018</b>
<b>Chair of Governors:-</b>	<b>Corallie Murray</b>
<b>Last updated:-</b>	<b>13<sup>th</sup> February 2018</b>
<b>Review</b>	<b>February 2021</b>

## **FOOD POLICY**

### **Aim**

At Blue Sky Federation, we aim to ensure that all aspects of food and nutrition in schools promote the health and well being of all pupils, staff and visitors to our school.

### **Objectives**

- To ensure that we give consistent messages about food and health;
- To give our pupils the information they need to make healthy choices;
- To emphasise the role food and nutrition can play in promoting overall health awareness;
- To stress the contribution high quality food and nutrition can make to the healthy physical development of all members of our school community;
- To encourage all children to eat a balanced diet, including plenty of fruit and vegetables, in line with the '5 a day' campaign.

### **Snacks**

Children in Foundation Stage and KS1 are offered fruit or a vegetable each day through a free Government scheme.

### **School lunches and packed lunches**

All our school meals are provided by Tracey's School Meals based in Aldborough Primary School, who have a healthy food policy as part of their tender. Vegetables are served each day. Children may choose from a hot or cold option, both of which pay regard to nutritional balance and healthy eating. Menus are sent home to parents so that they can discuss with their children what they are going to choose to eat.

Some children bring a packed lunch to school. We regularly include newsletter items about the contents of these and we discourage the inclusion of sweets and chocolate bars and forbid the consumption of fizzy drinks.

### **Water for all**

All children are encouraged to bring water bottles to school daily. Water is freely available throughout the school day to all members of the school community. Children may drink water at any time (except during the daily collective worship).

### **Food across the Curriculum**

Throughout the school there are a number of opportunities for pupils to develop knowledge and understanding of healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food. For example:

**Literacy** provides children with the opportunity to explore fiction and non-fiction texts using food and food related issues as stimulus;

**Maths** offers the opportunity to learn about 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;

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

**PSHE** 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;

**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 that rely on growing food as their source of income; and

**History** provides insight into changes in diet and food over time.

### **Partnerships 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.

Parents and carers are regularly updated through school newsletters on issues and changes affecting provision of school meals and our guidance on drinking water and packed lunch contents, in relation to both in-school and on out-of-school trips.

During out-of-school events, the school encourages parents and carers to consider the Food Policy in the range of refreshments offered to the children.

### **Role of the Governors**

Governors monitor and check that the school policy is upheld.

### **Monitoring and review**

All staff support colleagues in the delivery of the food policy.

**Dated:** Febuary 2018    **Agreed by staff:** March 2018