

St Dallan's Primary School

Whole School Food Policy



May 2015

Introduction

In our school we are committed to giving all our pupils 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.

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

We have used the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our school:

- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

Rationale

St. Dallan`s is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

In recent times the health of children has become a major concern. At St. Dallan`s we are committed as a Healthy School to promoting good health to support successful learning. We plan to implement a Healthy Schools programme in line with the following Government guidelines:

- **Working Towards Healthy Schools:** A Toolkit to Assist School Development Planning For Health
- **Investing for Health,** (March 2002)
- **Fit Futures:** Focus on Food, Activity and Young People (December 2005),
- **The Education (School Development Plans) Regulations (NI),** (2005)
- **Every School A Good School,** A Policy for School Improvement, (April 2009)
- **Together Towards Improvement,** A Process for Self- Evaluation, (ETI)
- **School Food the Essential Guide (Top Marks)** (Health Promotion Agency 2009)

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
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- To give our pupils the information they need to make healthy choices
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- To promote health awareness
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- To contribute to the healthy physical development of all members of our school community
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- To encourage all children to take part in the `5 a day` campaign
- To ensure that the school provides a safe, secure and stimulating environment where pupils can reach their highest potential.
- To actively promote self-esteem and self-confidence in developing the skills to make choices and take responsibility for all health-related issues.
- To develop throughout the school healthy relationships, respect and consideration for others.
- To co-ordinate, implement and review regularly, a range of health-related policies for staff and pupils.
- To facilitate a cross-curricular approach to the promotion of health and wellbeing.
- To provide the school community with a wide range of activities which promote a healthy lifestyle.
- To liaise closely with parents/guardians and the wider community on a range of health-related initiatives.
- To effectively utilise a range of appropriate specialist external agencies in the promotion of health and wellbeing.

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Snack

All our Foundation Stage classes are offered milk at a subsidised rate and are encouraged to take advantage of this. As part of the Healthy Break Programme we encourage children to only bring fruit for a break time snack. Fresh fruit is also available everyday at break time to buy.

School lunches and packed lunches

It is our intention that all pupils will have a positive lunchtime experience and make our mealtimes a social occasion. Systems are in place to monitor the quality of the meals, level of consumption and ensure that they meet the "New Nutritional Standards for School Lunches and Other Food in Schools".

All our school meals are provided by the SELB. The School participates in the D.E's Nutritional Standards, which pays regard to nutritional balance and healthy options. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. Sampling of school dinners is available at various times for all children in the school. The children are encouraged to try fruit and vegetables.

Our school will monitor lunchtime arrangements to ensure fairness in pupil service e.g. through table rotation. Supervisors will be trained in friendly supervision techniques.

Many children bring packed lunch to school. We regularly talk about the contents of these and discourage sweets and chocolate. We only allow plastic bottles and disallow fizzy drinks.

We will actively promote and encourage parents to provide nutritionally well- balanced packed lunches that are high in protein, fibre and water and low in fat, sugar and salt.

Water for all

Cooled water is freely available throughout the school day to all members of the school community. Children may drink their water at any time. Regular water is built into the school day and curriculum by class teachers.

Food across the Curriculum

In Foundation Stage, KS1 and KS2, 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.

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

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

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.

PDMU 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.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

School visits provide pupils with activities to enhance their physical development e.g. to activity centres. We participate in a number of awareness programmes such as those provided by the Dairy Council, Action Cancer and Ulster Council/local football club where every year we hold a health and wellbeing project aimed at Primary 7 children.

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.

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 sugar free squash.

We regularly update parents through our newsletters.

Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and review

The SELB Catering Manager is responsible for ensuring that the food served is in accordance with the D.E's Nutritional Standards policy. Co-ordinators are responsible for the curriculum development of the Food Policy. The Principal is responsible for supporting colleagues in the delivery of the Food Policy. SELB is responsible for ensuring the quality of the food offered.

This policy will be reviewed as is needed to take account of new developments.

The policy will follow guidelines presented in the following Government documents:

- School Food the Essential Guide: Establishing a Whole School Food Policy, HPA, DENI, DHSPSS, (2008)
- Nutritional standards for other food and drinks in schools: A guide for implementation, HPA, DENI, DHSPSS, (2008)
- New Nutritional Standards for School Lunches and Other Food in Schools, DENI (2008)