**WHOLE SCHOOL FOOD POLICY**

Date of policy implementation - January 2014

Date of next review January 2015

The aim of the whole school food policy is to encourage a holistic approach to healthy eating and food and nutrition throughout the school.

Water provision

In line with government recommendations, we will provide drinking water for all of our pupils.

*This will be achieved by:-*

* *Allowing pupils to have drinking bottles in the classroom and allowing access to them at certain times throughout the day*
* *Allowing pupils to use the conical cups at certain times throughout the day*
* *Providing jugs of water on lunchtime tables*

Dining room environment

We will endeavour to maintain an environment conducive to healthy eating.

*This will be achieved by:-*

* *Using artwork/posters to promote healthy eating in the dining room*
* *Ensuring each pupil has enough time to eat lunch*
* *Encouraging children to choose healthy options*
* *Making time for pupils to wash their hands before eating their lunch*
* *Ensuring there is adequate provision for litter to be disposed of*

Packed lunches

We will consult with LA catering service, parents and pupils to agree on the types and amounts of foods which should be included within packed lunches.

*This will be achieved by:-*

* *Producing a guide to suitable foods that should be included in packed lunches following government recommendations*
* *Regular contact with parents to discuss new ideas and ensure pupils are enjoying the foods they bring to school*

Break time snacks

We discourage crisps, biscuits, chocolate and fizzy drinks as break time snacks and encourage suitable snacks such as fruit, milk and water.

*This will be achieved by:-*

* *Consultation with parents and pupils to discuss suitable break time snacks*
* *Ensuring crisps, chocolate, biscuits and fizzy drinks are not available on school premises*
* *Setting up a fruit tuck shop to allow pupils to buy fruit at break times*
* *Liaising with staff*

Breakfast clubs

We will endeavour to serve healthy breakfast foods low in fat, salt and sugar every weekday morning through a breakfast club.

*This will be achieved by:-*

* *Following government recommendations for breakfast foods*
* *Liaising with Catering Department and breakfast club staff*

After school clubs

If snacks are served in after school clubs they will follow the break time snacks policy.

*This will be achieved by:-*

* *Consultation with parents and pupils to discuss suitable after school club snacks*
* *Ensuring crisps, chocolate, biscuits and fizzy drinks are not available for pupils to buy on school premises*
* *Liaising with staff*

School meals

In line with government recommendations, will we provide healthy, nutritious lunch time foods.

*This will be achieved by:-*

* *Following government recommendations*
* *Liaising with catering staff*

The curriculum

Healthy eating, food and nutrition will be taught to all pupils through various lessons in the curriculum.

*This will be achieved by:-*

* *Teachers including healthy eating, food and nutrition lessons into each subject area*
* *Reviewing the formal curriculum*
* *Using artwork/posters/poems/stories to promote healthy eating*

Commercial activities in schools

Commercial activities will only be undertaken by the school if they bring sufficient benefit to the school without compromising healthy eating messages.

*This will be achieved by:-*

* *Consultation with providing company to check rules, regulations, advertising, terms and conditions of the scheme*
* *Consultation with teachers, parents and pupils*

Monitoring and Evaluation

The whole school food policy will be monitored and evaluated in the following ways:-

* *Looking at curriculum schemes of work.*
* *Ensuring above contain up to date information regarding healthy eating and food and nutrition*
* *Weekly menus from breakfast club/school meals service*
* *Feedback from pupils through questionnaires and/or discussion groups*
* *Reporting on the numbers using the breakfast club/school meals service*
* *Ensuring the whole school food policy is discussed in school council meetings and using the minutes for monitoring and evaluation*