

*"At Hilltop Infant School everyone will work together in a nurturing environment to provide each child with challenging opportunities that encourage a desire for life long learning"*



Hilltop Infant School  
*School Food Policy*

Ratified by the Governing Body February 09

Signature David Harwood

Chair of Governors

Due for Review 2010

## **School Food Policy**

### **Rationale**

**At Hilltop Infant School we are a healthy school and we aim to promote healthy lifestyles. We aim to reflect upon all elements of our practise to ensure that we promote health awareness in all members of our school community.**

**Through the school's 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.**

### **Objectives**

- To ensure that we are giving consistent messages about food and health.
- To give our children the information they need to make healthy choices.
- To promote health awareness.
- To contribute to the healthy physical development of all members of our school community.
- To encourage all children to eat healthily.
- To offer healthy food and drink at all appropriate opportunities.

### **Healthy Snacks**

All children are provided with a piece of washed fruit or vegetable as a playtime snack. Children may have responsibility for passing the fruit to others and "Little Rotters" volunteers from year 2 help to organise the collecting and composting of waste and peels.

### **School lunches**

All our school meals are provided via the kitchen in the junior school. There is a healthy foods policy and we aim to provide as much unprocessed local food as possible. We provide main meals with a vegetarian option and a choice of fresh vegetables as well as a salad bar. Our meals are planned to meet national nutritional requirements.

### **Packed lunches**

Many of our children choose to bring a packed lunch from home and we try to include hints and reminders about the contents of these in our newsletters. We do not allow fizzy drinks or sweets and are currently asking that parents try to avoid products with nuts as we have several children who could suffer severe allergic reactions were they to come into contact with these.

## **Water**

Children are encouraged to bring a water bottle to school each day and these are freely available within each classroom. In addition access to fresh drinking water is available in school as well as opportunities to refill water bottles. Fresh drinking water is also freely available in the staff room and many members of staff use water bottles in class as a positive role model for the children.

## **Food across the Curriculum**

In both foundation stage and key stage 1 there are a number of opportunities for children to develop knowledge and understanding about health, including healthy eating patterns and practical skills that are needed to understand where food comes from.

Literacy provides children with the opportunity to explore poetry, persuasion, instruction and narrative ideas around food and food related issues such as our restaurant under the theme of “Soup Detectives” or our awareness of healthy lifestyles when learning about “Florence Nightingale”.

Maths offers opportunities to measure quantities for recipes, weighing and measuring ingredients and capacities as well as thinking about costings and economic issues.

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. In conjunction with PSHCE, it also encourages children to think about healthy balance, what “diet” means and encourages children to take some responsibility for their own health and well-being. It also encourages children to think about where their food comes from, responsibilities and sustainability.

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

RE provides the opportunity to think about the roles of certain foods in the major religions of the world. Children may have the opportunity to sample foods associated with other cultures and festivals.

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 who rely on growing food as their source of income. History provides insight into changes in diet and food over time.

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.

Out of hours learning includes cookery and gardening clubs from time to time as well as a variety of sports and exercise clubs to help to support an understanding of balance as related to healthy lifestyles.

### **Partnership with Parents**

It is vital that our work is done in partnership with parents and we endeavour to do this through information in newsletters and home / school diaries. Parents are consulted in the drawing up and review of policies both through participation in the healthy schools task group and through wider consultation through the internet.

### **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. Mrs. Beauchamp is also part of the healthy schools task group and both influences policy and is able to feed back to the governing body.

### **Monitoring and Review**

KS Managers and Subject Managers are responsible for the curriculum development of the Food Policy.

The Head teacher and PSHE Manager are responsible for supporting colleagues in the delivery of the Food Policy.

The Head teacher is responsible for the provision of school meals

The Catering manager is responsible for the content, preparation and cooking of school meals

Reviews take place formally and informally and include pupils, governors, staff and parents

This policy will be reviewed annually.