



# *Wallsend Jubilee Primary School*

## *Whole School Food Policy*

### **1. Introduction**

#### **Wallsend Jubilee Primary School**

**Consultation that has taken place:** this policy has been developed by the PSHE coordinator and Head teacher who have consulted with the whole school community

**Date Policy Formally Approved By Governors:**

**Review Date (s): September 2024**

**Person(s) responsible for Implementation and Monitoring: PSHE coordinator**

**Other relevant policies** PSHCE Policy, Physical Activity Policy

### **2. Aim**

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

### **3. Rationale**

Wallsend Jubilee Primary School recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school. It also recognises the role the school can play, as part of the larger community, to promote family health, and sustainable food, including production and farming practices. The school recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

### **4. Objectives**

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes healthy eating.
- To ensure children, young people and others are given consistent and positive messages about nutritional balance.
- To increase awareness in the local population of the need to eat a nutritionally balanced diet.
- To provide an opportunity for pupils to plan recipes, budget, prepare and cook food.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.

- To involve children in decisions which relate to their nutrition education and nutritional intake.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provision in the school reflects the requirements of staff and pupils e.g. vegetarian, medical, and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that do not support them.
- To monitor menus and food choices to inform policy development and provision.

## 5. Guidelines

- Food is taught across the curriculum, including Science, D & T, PSHE and P.E
  - Teach basic cooking skills, nutrition and food economics.
  - Staff and children to understand about basic food groups providing nutritional balance.
- The school actively promotes healthier food choices during the day through;
  - All Reception, Year one and two pupils are entitled to a free school lunch.
  - Lunchtimes – both with school meals and packed lunches where healthy choices are actively promoted.
  - Break times e.g. fruit scheme for four to six year olds, KS2 invited to bring their own fruit in for playtimes.
  - No sweets to be offered as rewards.
  - Sweets brought in by pupils to be given out at home time.
  - Only water in water bottles left in the classroom.
  - The dining environment promotes healthier choices
  - Children are given the opportunity to bring a water bottle into school.
- The school works with various agencies to promote healthy eating and drinking, such as the Public Health Nurses.

## 6. Monitoring and Evaluation

Report on progress to School Council and review policy annually in light of improvements and changes.

School caterer to report on the number of pupils using the school's lunch service.

Ask pupils, parents and teachers their views via a questionnaire.

Head teacher to present certificates in a school assembly for the healthier swaps initiative.

Responsibility for monitoring implementation lies with the Head teacher.

## Conclusion

At Wallsend Jubilee, healthy eating and drinking is seen as central to a person's physical, mental and emotional development and we are committed to excellence in this area, having achieved Healthy School Status.

**Signed** ..... **Head Teacher**

Signed.....Chair of Governors

Signed.....PSHE coordinator