



Dereham Church Infant School & Nursery



Whole School Food Policy

Introduction

Dereham Church Infant School and Nursery is committed to being a healthy school and to promote the health and wellbeing of the school community. As part of this we aim to help our pupils understand the consequences, and to develop the skills to take responsibility for the choices they make.

This policy supports one of the *Every Child Matters* outcomes - Being Healthy

Other relevant policies

- PSHE
- Drug Education
- Sex and Relationship Education
- Physical Education

Aim

- To ensure that all aspects of food and nutrition in the school helps promote the health and well-being of the whole school community

Objectives

- To ensure that food provided across the school day is consistent with our aim
- To ensure that food and nutrition information across the curriculum, and in extra curricular activities, is consistent and up-to-date.
- To ensure that the whole school community is involved in the implementation of this policy

Settings for Food Policy Across the School Day

Snack time – Main School

- **Morning breaktime:**

The children have an option to purchase on a half termly basis a piece of toast and butter, milk or an orange/apple drink from the kitchen. A fruit or vegetable option may be brought in from home which is sent in a named bag/ container. No other snacks from home may be brought in.

- **Afternoon fruit/vegetable option.**

As part of the Fruit and Vegetable Scheme for Schools the children are offered a portion of fruit or vegetable in the afternoon.



Dereham Church Infant School & Nursery



- **Snack time – Nursery**

Nursery provides a milk/juice/water option with fruit and a carbohydrate (a range of breads).

- **School lunches**

Regular review of the provision of school meals by staff, supported by Norfolk County Services (NCS) ensures that meals are in line with county council policy. Parents/carers are kept informed of our provision of healthy meals through 'Bring your parents/carers to lunch' occasions and in newsletters. Children eat in family groups – Puppies and Kittens. Sometimes and on special occasions music is played to create an atmosphere. The choice of music is made by the School Council.

- **Packed lunches**

- The School Lunch Box policy was developed with staff, children and parents /carers and implemented in September 2008.
- A copy of the policy is given to all new parents as part of their Induction Pack.

Stickers are given by MSA's to encourage children to eat their food

- **Water Provision**

- Pupils are encouraged to drink water throughout the day and teachers act as role models. Parents/Carers make a voluntary contribution towards a water bottle when they start in the reception class. They are asked to bring their named water bottle and encouraged to take them home daily and wash in hot soapy water. They may only bring in plain water to drink freely in class throughout the day. We have a water fountain in the corridor.

Tasting sessions/ School Events i.e. Christmas parties

For tasting sessions as part of the curriculum e.g. a wide range of fruits/fruit smoothies and for special events, including the headteachers 'Smartie Party', the teacher will inform the parent/carer of what is being provided. The parent/carer will inform the teacher of any allergies and substitute with an alternative healthy option.

Teaching about food and nutrition

The overall aim of our teaching about food and nutrition is to help children learn about, and to enjoy food. The Balance of Good Health Model is used as the basis to teach about healthy eating within the curriculum.



Dereham Church Infant School & Nursery



Within the formal curriculum-

- **Foundation Stage: regular tasting times and theme related cookery**
- **KS1 Science is based on the new primary curriculum**
- **KS 1 children have cookery lessons where they prepare a healthy wrap and make a gingerbread man.**
- **Cross curricular work**
- **PSHE**

Extra-curricular activities -

- **Special events, such as Food Week, Healthy Living Week**
- **Assemblies led by members of the Healthy Norfolk School's team**

Inclusion.

Children with dietary needs are accommodated in all areas of school life including school dinners and teaching and learning activities. Parents/carers provide information regarding their child's particular needs and alternative food choices are chosen together.

Continuous Professional Development

The headteacher is the Healthy Schools Co-ordinator and will attend relevant training courses. Staff and governors will be encouraged to attend relevant courses regarding healthy eating and food hygiene.

Partnerships- *who we work with on food issues in schools*

- **School Council**

Class and School Councils provide a voice for the children to make decisions on food choices.

- **How we work with Parents and Carers**

Parents/carers are kept informed of events to promote healthy eating and how they can actively support their child's learning.



Dereham Church Infant School & Nursery



The 5 Outcomes of Every Child Matters are discussed at Nursery and Reception Induction evenings so parents/carers know that Being Healthy is part of the school's agenda.

From time to time Parents/carers are invited to lunch with their child. This helps to increase their awareness of what school lunchtimes entail and to actively partake.

- **Role of the Governors**

The governing body is involved in adopting policies regarding food and monitoring and evaluating their implementation

From time to time Governors are invited to lunch with the children. This helps to increase their awareness of what school lunchtimes entail and to actively partake



Dereham Church Infant School & Nursery

