

Westhouses Primary School

Food Policy



Revision History

REVISION	DATE	NAME	DESCRIPTION
1.0	04.03.2021	Amy Flint	
1.2	23.04.2024	Amy Flint	

Approval History

REVISION	APPROVAL DATE	APPROVED BY	SIGNED
1.0			
1.2	23.04.2024	Simon Taylor	

Rationale

The aim of the policy is to actively encourage our whole school community to:

- Keep themselves fit and healthy through development of healthy habits.
- Provide, assist and access food education opportunities within school.
- Ensure that messages and information about food are easily accessible and consistent during a normal school day.

What we will do

- Ask the whole school community regularly for their views on food issues.
- Work with the school community and its representatives (SNAG Group, PTA and Governing Body) to put together and review the school food policy.
- Keep the whole school community informed via our regular channels (letters, newsletters, Facebook, text messaging) about food issues in school, developmental opportunities and our achievements.
- We let all new pupils and their parents/carers know that we promote healthy and sustainable food in school before the child starts at our school via our prospectus, website and social media.
- Build confidence in the school catering service and raise our school meal uptake.

Lunchtime

- The overriding goal is to provide pupils and staff with healthy, nutritious, fresh, local, organic and school grown food at lunch and throughout the school day. To achieve this, we will:
- Provide high nutritional quality food throughout the school day meeting or exceeding government food regulations.
- Aim to meet the Food for Life Catering Mark standard of 75% freshly prepared food, and address and communicate with the school community issues of seasonality, animal welfare and sustainable fishing.
- Ensure children have free access throughout the day to drinking water and bring their water bottles re-filled daily.
- Ensure children who attend our WAC services have a variety of healthy snacks available to them.
- Provide our KS1 pupils with a piece of fresh fruit a day and when available, offer our KS2 pupils the same. KS2 pupils will also be actively encouraged to bring a healthy snack with them for break time.

School will provide a well-planned curriculum that covers topics linked to nutrition, food hygiene and ethical food production. The school will also offer hands on food education through outdoor activities and links with local farms/schools, and offer growing projects in our outdoor space. This will:

- Help pupils understand the importance of a healthy diet and physical exercise/activity.
- Give the school community the opportunity to learn about and have the practical experience of food education, growing, farming, the environmental impact and cooking with produce.
- Encourage pupils to eat and cook with vegetables grown in the school gardening area and from that grown at home.
- Create opportunities for pupils to become involved with the wider community, local and national food producers and nearby businesses.

How we will make this enjoyable

- The goal is to create an enjoyable and social dining experience for pupils and staff within school, and a lively and active food culture in the wider school and local community. To do this we will:
- Provide an enjoyable lunchtime environment and experience. We will make sure the dining room is a bright, calm and relaxed social dining experience.
- Involve parents and carers in a healthy packed lunch.
- Involve parents, carers and the community in lunchtime events – including themed picnics throughout the year.
- Only work with brands or businesses supporting Food for Life aims and complying with current government standards.
- Share our experiences and lessons learned on food issues with other schools within our school cluster, with the PTA and the local residents association groups.

Monitoring and Review

- This policy will be reviewed every 3 years.