

WESTLEIGH ST. PAUL'S CHURCH OF
ENGLAND PRIMARY SCHOOL
SCHOOL STREET
LEIGH
LANCS
WN7 5JN



FOOD POLICY
(Reviewed September 2021)

Westleigh St Paul's CE Primary School

Food Policy

Mission Statement

Westleigh St Paul's CE Primary School is committed to the provision of a high quality education for all its pupil's, designed to ensure that they can realise their individual potential within a Christian framework.

Description of the Setting

Westleigh St Paul's is a Church of England School with approximately 210 pupils on roll ranging from 4-11. The school is predominately White/British with a small number of children having other ethnic backgrounds. There are approximately 50% children eligible for free school meals.

Policy Formulation

Those contributing to the School Food Policy:

Governors

Pupils/parents

Teaching staff

Kitchen staff

Support staff

Pastoral Manager

Healthcare Professionals e.g. school nurse

The initial policy was a result of discussions and meetings with all of the above. Parents were consulted through questionnaires on issues surrounding School Meals, Breakfast Club menus, and Fruit Scheme for break. The issue of sweets as a birthday treat was also explored.

Aims and Objectives

Every child deserves a healthy start in life. Health at the very beginning of life is the foundation for health throughout life. For many years we have all enjoyed improving levels of education and health but there is mounting evidence that poor diet and declining levels of activity could jeopardise the chances for our children to lead long, full and active lives. Diet is central to health and children's diets can be an important influence on their health now and in the future. There is growing support for action to be taken to encourage children and adults to make healthier life choices. Schools can contribute by helping to provide children with the skills they need to be confident to make informed healthier choices as stated in Every Child Matters.

Morals and Values Framework

As well as healthy eating, pupils also need to understand the cultural and religious significance of food in a diverse range of families and communities. There are a number of opportunities within the curriculum for pupils to develop knowledge and understanding of health issues, including healthy eating patterns and practical skills. Integrated curriculum planning is essential to secure continuity and progression. There are many opportunities for education about food and nutrition across the curriculum including:

- Personal Social Health Education
- Religious Education
- Environmental Studies
- Physical Education
- Food Technology
- Citizenship
- Science
- Geography
- History

It is important that all the messages given in all these areas of the curriculum are consistent and promote the balance of good health as specified in the National Healthy School Framework

Extra – Curricular Activities

In order to enrich our curriculum we plan visits to Supermarkets, taste foods from different cultures and have visitors in school.

Provision of Food at School

Within Westleigh St Paul's we endeavour to provide a good eating environment and children are encouraged to use good manners. School meals are cooked on site and follow government guidelines. Children are able to choose each day from two hot options plus a sandwich option. This means they always get the lunch they choose and want. Children bringing packed lunches to school must bring them in a suitable container and these are stored in cupboards around school. Children are encouraged to only bring healthy snacks and healthy lunches to school. Following consultation it was decided to assist parents in providing healthy packed lunches by creating consistent guidelines within this policy that are shared by adults and children alike. These include no fizzy drinks, no energy drinks and to aim to include only one sweet treat e.g. fun size chocolate or biscuit etc.

Water

Water is freely available for children throughout the day by having personal water bottles and water fountains.

Break-time Snacks

As an alternative to toast or fruit provided by school children may bring a healthy snack e.g. fruit, cheese or vegetables.

Birthday Treats

After consultation with parents we found that a large percentage agreed with sending in sweets, however some said they would consider other options such as pencils, notebooks, toys. Parents are therefore allowed to send in sweets which then go home.

Access to Clean Drinking Water

All pupils have access to drinking water via a bottle which is emptied/cleaned and refilled daily.

Food Hygiene

Training in Basic Food Hygiene is provided for staff involved in food handling.

Equal Opportunities

Westleigh St Paul's endeavours to provide a choice of food which is affordable to all and is mindful of religious and cultural backgrounds which might affect these choices.

Allergies are taken into account.

Events and Lettings at School

The school consults with Church on issues surrounding food for the Christmas Fair etc. and healthy options are available

Participation in National Events and Initiatives

School takes part in the National Fruit and Vegetable Scheme and has National Healthy School Status. The school also uses pupil premium funding to provide fruit for Key Stage 2. This means all children are able to have a piece of fruit at afternoon playtime.

Healthy Eating for All

The members of the whole school community act as role models in school and thereby promote consistent messages.

CPD Opportunities for Staff

Staff is encouraged to consider opportunities for continuing professional development in areas surrounding food and PSHE & C.

Monitoring and Evaluation

This policy will be reviewed every two years by Governors and staff and its effectiveness monitored and evaluated by staff through lesson observations, analysis of food choices and questionnaires etc.

Dissemination of the Policy

This policy will be available for parents to view in school, in the school prospectus and on the school's website.

Review update

September 2023

Signed: J Hankinson