

Lydeard St Lawrence Community Primary School

Nutrition Policy

What are the aims of this policy?

- To make explicit the values and guidelines that underpin every aspect of food culture in Lydeard St Lawrence C Primary School.
- To ensure that our children receive consistent and coherent messages about food and its role in their long-term health.
- To outline our future plans and goals with regards to food culture in our school.
- To ensure that the school meets the outcomes of the Every Child Matters legislation.

What are the values that inform this policy?

- We believe that every adult at Lydeard St Lawrence C P School can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.
- We want the children to understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.
- We want the children to apply their knowledge about food and make healthy choices both in and out of school.
- We want the children to enjoy cooking and learn certain core skills by the time they leave the school.
- We want children to be aware of where their food comes from and the impact that may have on the world environment.
- We believe that food has a role in developing young people's social skills and their awareness of the world around them.

Water in the school

- Children have access to free and fresh water throughout the school day.
- Children are encouraged to bring their own water bottles into their classrooms and are allowed to drink water whenever they feel thirsty.
- Children who eat hot lunch have jugs of fresh water on their tables.

Food throughout the school day:

Before and After School

- We discourage parents from providing, and our children from eating sweets, chocolates and fizzy drinks before school.

Breakfast

- We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels without breakfast.
- Our breakfast club provides a healthy, nutritious start to the school day.

Break Time

- Children are allowed fruit as their mid-morning snack, including dried fruit, but not fruit cereal bars or any fruit confectionary
- Our Fruity Tuck shop allows the children a selection of fruit and vegetables every day and encourages them to try new flavours and textures of fruit and vegetables, at a cost of 20p per day.

Lunch Time – weekly hot lunch

- We produce a single choice menu once a week in the spring and summer terms, with occasional meals during the autumn.
- Menus are currently predominantly vegetarian, and comply with nutritional standards.
- We listen to the children's opinions on the menu and adapt the menu accordingly.
- *We aim to provide our children with good quality, healthy food and we anticipate providing a daily healthy hot or cold lunch from our own production kitchen from September 2009*

Lunch Time – hot lunch in the Pre-school

- This is cooked in the school kitchen and served in the Pre-School room.
- *This will be cooked in the main kitchen and then served separately in the Pre-school.*

Lunch Time – packed lunches

- Children are encouraged to eat a healthy, balanced packed lunch, with water always available. Confectionary is not allowed in lunchboxes in school.
- Parents are given advice about healthy eating and ideas for the packed lunch box, including re-usable and re-cycled packaging.
- Children who eat packed lunches currently sit separately to the children eating hot lunch.
- *We aim to move to 'family service' in the long term. Children who take packed lunches and school dinners will eat together.*
- *We aim to reach a stage where no children have chocolate, crisps or sugary drinks in their packed lunches.*
- *We aim to further support parents in making healthy choices when preparing packed lunches.*

Lunch Time – the dinner environment

- We aim to make sure children have time to eat their lunch and do not need to rush.
- Children are encouraged to help serve each other, use good social manners and enjoy conversations with their friends.
- Water and napkins are available for all children.
- *We aim to move to 'family service' in the long term.*

Extended School Club

- Club leaders are aware of this policy and provide food according to its principles.
- Snacks provided in the after school club will comply with food standards.

Food in the Curriculum

- We exploit opportunities within the existing curriculum to discuss and work with food.
- We recognise that food has great potential for cross-curricula work.
- Formal food education is delivered via the Design and Technology curriculum (see scheme of work and policy). There are also topics in the PSHCE and Science curriculum.
- Two members of staff have food hygiene certificates, and three of our casual food staff /volunteers.

Cooking Club

- *We plan to introduce a cookery club after school, weekly.*

- *Membership will be voluntary, and attendance is on a rota.*
- *Cooking equipment is stored, audited and mobile.*
- *Children of any age can join this club.*

Kitchen Gardening Club

- Children of any age can join this club.
- Meets after school every other week, and at lunchtimes in the alternate weeks.
- Grows vegetables which are sometimes cooked by Cooking Club.
- Sells surplus crops to fund seeds and plants.

Schemes, Events and Celebrations

- We try to participate in as many food-related events and schemes as possible as long as they consolidate the aims outlined in this policy. Events include Fruity Friday. Schemes include Taste of Success, Potato Council competitions, and the Focus on Food campaign.
- By making, tasting and learning about the foods used in celebrations from all world cultures and faiths, children have an accessible and enjoyable way of sharing these celebrations. Children will know that this is special food, not eaten every day.

Links to other policies

- This policy has links to the behaviour, PSHE, Equal Opportunities and Design and Technology policies.

How is this policy monitored and evaluated?

- This is a working policy – this draft will go to consultation with the whole school community, including children, parents, school staff (including catering staff) and governors
- The Headteacher, Gill Stripp leads on this policy and consults with a working party of pupils, staff and parents.
- We will review this policy every two years.