



**COLD HARBOUR**  
C of E Primary School

# Whole School Food Policy

# Cold Harbour CE Primary School

## Policy Ethos Statement

Ensuring that our children have every opportunity to develop the confidence and capacity to become successful, lifelong learners is a key task for us.

Cold Harbour is a school committed to 'Growing, Learning, Achieving Together' with strong Christian values underpinning this.

- **Growing** in confidence, faith, personal awareness and ability
- **Learning** in creative, fun, technologically assisted and investigative ways
- **Achieving** as individuals, teams and as a whole school community across a diverse range of opportunities
- **Together** through our shared Christian values of tolerance, faith, guidance, respect and nurture.

This policy will clearly define how the procedures and opportunities in school will enable all children to achieve our key aims.

‘Do all the good you can,  
By all the means you can,  
In all the ways you can,  
In all the places you can,  
At all the times you can,  
To all the people you can,  
As long as ever you can.’

(John Wesley)

## **Aim**

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

## **Objectives**

- To integrate food topics into all areas of the curriculum.
- To ensure that throughout the formal curriculum, information relating to food and nutrition is up to date. This information can be obtained from [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)
- To inform children and carers about the balance of a healthy midday meal in a lunchbox and encourage them to choose responsibly.
- To take part in the School Fruit and Vegetable Scheme and ensure it is available to all children in school if required.
- To ensure there is fresh drinking water available at all times for all.
- To take into consideration healthy eating when using food as a reward, e.g picnics, parties and discos.
- To provide a pleasant clean environment in which food is eaten with due regard to hygiene.
- To occasionally have a themed day/week to promote some aspect of food.

## **Guidelines**

- PSHE/ Science/ D&T co-ordinators to ensure planning for lessons about food issues reflects current national thinking.
- Take an interest in children's choices for their lunchboxes.
- Use opportunities that occur naturally to discuss healthy eating and food hygiene.
- Teach by example e.g drink water during the day in the classroom
- Encourage quiet social interaction at lunchtimes.
- Ensure hygiene rules are followed and litter/ compost is disposed of appropriately.
- Include School Council in decisions to promote healthy eating in school.

## **Packed lunches**

- The school will provide facilities for pupils bringing in packed lunches and ensure there is fresh drinking water available at all times.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags/ lunch boxes with freezer blocks where possible to stop the food going off.
- The school will work with parents and children to provide attractive and appropriate dining room arrangements.

## **Healthy packed lunches should include**

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non dairy protein (e.g. lentils, chickpeas, kidney beans, hummus and falafel) every day.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other types of cereal every day.
- Dairy food such as milk, cheese, yoghurt or fromage frais every day.

- Only water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

#### Foods to avoid in healthy packed lunches

- Snacks such as crisps, instead include nuts, seeds, vegetables and fruit.
- Chocolate bars, chocolate coated biscuits and sweets.
- Sausage rolls, individual pies, corned beef and sausages should only be included occasionally.

#### **Breakfast club**

The breakfast club operates on a daily basis in the school.

The food offered is healthy and consistent with a healthy diet. We provide toast, bread, low-fat spread, range of low sugar spreads, whole wheat cereals, semi-skimmed milk. We also take into account parental preferences within the remit of healthy eating.

#### **School lunches**

All our school meals are provided by a contracted caterer, who make every effort to ensure that menus are fully compliant with nutritional and government standards. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children.

#### **Monitoring and evaluation**

Packed lunches will be regularly reviewed by teaching staff / lunchtime supervisors.

Healthy lunches will be rewarded with stickers.

Parents and pupils who do not follow the recommendations for healthy lunches will receive a note in their packed lunch reminding them about foods to avoid in healthy lunch boxes.

Please note: pupils with special diets will be given due consideration.