

“At Hilltop Infant School, everyone will work together in a nurturing environment to provide each child with challenging opportunities that encourage a desire for life-long learning.”



Hilltop Infant School School Food Policy

Spring 2016

Signature John Young

Chair of Governors

School Food Policy

Rationale

At Hilltop Infant School we are a healthy school and we aim to promote healthy lifestyles. We aim to reflect upon all elements of our practise to ensure that we promote health awareness in all members of our school community.

Through the school's leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Objectives

- To ensure that we are giving consistent messages about food and health.
- To give our children the information they need to make healthy choices.
- To promote health awareness.
- To contribute to the healthy physical development of all members of our school community.
- To encourage all children to eat healthily.
- To offer healthy food and drink at all appropriate opportunities.

Healthy Snacks

All children are provided with a piece of fruit or vegetable as a playtime snack. Children may have responsibility for passing the fruit to others and "Little Rotters" volunteers from year 2 help to organise the collecting and composting of waste and peels.

School lunches

All our school meals are provided via the kitchen in the junior school. Every child at Hilltop Infant School is entitled to a free school meal. These are cooked by the Hilltop Junior school kitchen and meet all the Government nutritional guidance. We provide main meals with a vegetarian option and jacket potato option. Fresh vegetables and a salad bar are available daily.

Packed lunches

Some of our families choose to send in a packed lunch from home and we try to include hints and reminders about the contents of these in our newsletters. We do not allow fizzy drinks, sweets or chocolate and if children have allergies, we ask that parents try to avoid such products. We are a nut free zone owing to severe allergies amongst our school community.

Water

We ask that all children bring a water bottle to school each day and these are freely available within each classroom. In addition access to fresh drinking water is available in school as well as opportunities to refill water bottles. Fresh drinking

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water is also freely available in the staff room and many members of staff use water bottles in class as a positive role model for the children.

Food across the Curriculum

In both the EYFS and key stage 1 there are a number of opportunities for children to develop knowledge and understanding about health, including healthy eating patterns and practical skills that are needed to understand where food comes from.

English provides children with the opportunity to explore poetry, persuasion, instruction and narrative ideas around food and food related issues such as our restaurant under the themes of “Festivals”, “Around the world” or our awareness of healthy lifestyles when learning about “Florence Nightingale” and “Pirates”

Maths offers opportunities to measure quantities for recipes, weighing and measuring ingredients and capacities as well as thinking about costing and economic issues.

Science provides an opportunity for children to learn about the importance of exercise, eating the right amounts of different types of food and hygiene. In conjunction with PSHCE, it also encourages children to think about healthy balance, what “diet” means and encourages children to take some responsibility for their own health and well-being. It also encourages children to think about where their food comes from, responsibilities and sustainability.

As part of Design Technology children should learn to use the basic principles of a healthy and varied diet to prepare dishes. These should be predominantly savoury using a range of cooking techniques.

Religious Education provides the opportunity to think about the roles of certain foods in the major religions of the world. Children may have the opportunity to sample foods associated with other cultures and festivals.

Geography should inspire our pupils to develop a curiosity and fascination about the world and its people that will remain with them for the rest of their lives.

Physical Education provides children with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

Out of hours learning includes cookery and gardening clubs from time to time as well as a variety of sports and exercise clubs to help to support an understanding of balance as related to healthy lifestyles.

Hilltop Infant School is a member of “Let’s Get Cooking” which is a national organisation. Our aim is for all children to have access to cookery over the school year. Children are encouraged to produce healthy food and we use our blog to encourage children to share these recipes with their families.

Partnership with Parents

It is vital that our work is done in partnership with parents and we endeavour to do this through information in newsletters and the blog. We aim to support government initiatives including cooking and healthy eating within the school environment.

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Role of the Governors

Governors monitor and check that the school policy is implemented and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and Review

Key Stage Leaders and our Healthy Schools Leader are responsible for the curriculum development of the Food Policy.

The Headteacher and Healthy Schools Leader are responsible for supporting colleagues in the delivery of the Food Policy.

The Governing Body and the Headteacher are responsible for the provision of school meals.

The Junior School Cook is responsible for the content, preparation and cooking of school meals, this is arranged in conjunction with the Headteachers of both the infant and junior schools along with support from Essex County Council.

Reviews take place formally and informally and include children, governors, staff and parents.

This policy will be reviewed every two years.