



# Tennyson Road Infant School

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[www.tennysonroadinfants.org.uk](http://www.tennysonroadinfants.org.uk)

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## WHOLE SCHOOL FOOD POLICY

Safeguarding our children is our priority. All concerns must be reported to our Designated Safeguarding leads: Miss Hall, Mr O'Ceallaigh, Mrs Smith and Mrs Hilbourne.

### INTRODUCTION

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's Personal, social, health and citizenship education (PSHCE), drug, and sex and relationship policies.

The school supports the '5-A-DAY' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

We have used the following approach to identify what areas we need to change to develop a healthier approach to the issue of food in our school: How well are we doing?

- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

### RATIONALE

Tennyson Road Infant School is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We do provide a valuable role model to pupils and their families with regard to food and healthy-eating patterns.

Through effective 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.

### AIMS AND OBJECTIVES

- To ensure that we are giving consistent messages about food and health
- To give our pupils 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 take part in the '5-A-DAY' campaign

### BREAKFAST

We benefit from funding from 'Magic Breakfast Club' via a charity and subsidise the cost of breakfast club, providing fresh juices, milk and water, cereals and toast. In addition, all children arriving at school are offered a toasted bagel.

### SNACK

All our under-5s are entitled to free milk. All Foundation Stage (EYFS) and Key Stage One (KS 1) classes include a morning break time snack of fruit to all children, which is shared in a family setting for all class members. We take part in the Government initiative to provide all infants with free fruit and vegetables during the day. All our teaching assistants who prepare snacks have been trained in Level 2 Food hygiene.

## **SCHOOL LUNCHES AND PACKED LUNCHES**

Our school meals are provided by a contracted caterer who has a healthy-food policy as part of their contract. This includes the use of fresh fruit and vegetables each day and a salad bar as a choice for the children. They provide a hot school meal which pays regard to nutritional balance and healthy options.

## **NUTS**

As some of our children have allergies, nuts/nut products are not allowed to be brought into school.

## **WATER**

Cooled water is freely available throughout the school day to all members of the school community. Every child has a bottle to store their water in. Children may drink their water at any time except during the 15-minute assembly. Regular water and brain breaks are built into the school day and curriculum by class teachers.

## **FOOD ACROSS THE CURRICULUM**

In EYFS and KS 1 there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.

Religious Education (RE) provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

Information and Communication Technology (ICT) can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food Technology as part of Design Technology provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking.

PSHCE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.

History provides insight into changes in diet and food over time.

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

Water is accessible during our after school clubs.

Visitors from local retailers encourage children to learn more about and try some of the healthy food available.

### **PARTNERSHIP WITH PARENTS AND CARERS**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on our water and lunch policies through school and class newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

During out-of-school events, e.g. school discos, trips etc., the school will encourage parents and carers to consider the food policy in the range of refreshments offered for sale to the children.

### **ROLE OF THE GOVERNORS**

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

### **MONITORING AND REVIEW**

Key Stage leaders and subject leaders are responsible for the curriculum development of the food policy. The head teacher and PSHCE leader are responsible for supporting colleagues in the delivery of the food policy. The Local authority is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

### **REVIEW AND UPDATE**

Reviewed June 2019

Signed by:

Head Teacher: Miss C Hall

Chair of Governors: Mrs L Anniwell

Review date June 2021