

Rationale

This policy and guidelines have been formed through parent and pupil questionnaires and developed with a parent working party, the pupils and staff.

At Forest Primary School we are committed to promoting the health and well-being of all members of the school community. We recognise that food and nutrition play an important role in helping students to learn effectively. We seek to give all our pupils uniform messages about all aspects of health and well-being, ensuring consistency between the formal curriculum and food provision, whilst emphasising healthy eating messages. See Appendix A and A1 for a full description of the benefits of healthy eating.

The scope of this policy encompasses all food and drink consumed on the school site and as part of a school activity i.e. the formal curriculum and extra-curricular activities, but excludes Education Department events and lettings. At Forest Primary School we aim to promote the Eatwell Guide, both within the formal curriculum and in food provision (see below). A healthy diet is defined as one where there is a balance of food and drink providing the nutrients required in the right amounts. It also promotes sustainability through reduced packaging, responsible recycling and disposal of the waste produced by food and drink.

To successfully achieve this as a school, we will encourage pupils to have a healthier lifestyle through the promotion of healthy eating habits, ensuring that pupils have the opportunity to choose healthy food and snacks in school. This will be achieved through a whole school approach involving staff, pupils, parents, PTA and key partners in the school community.



Aims

Our school's aims are to:

- ensure a healthy balanced diet throughout the school day, rich in fruits, vegetables and starchy foods which can help reduce the risk of diseases such as heart disease and some cancers.
- give children and young people the confidence, skills, knowledge and understanding to make healthy food choices.
- promote good food hygiene practice to reduce the risk of food poisoning illnesses such as those caused by e-coli and salmonella.
- teach knowledge and skills, including menu planning, cooking and gardening.
- enrich social development and celebrate, nurture and increase our appreciation of cultural diversity.
- work with parents to promote healthy snacks and lunchboxes.
- give children, who may not have the opportunity, the chance to experience food from other cultures and celebrations.

Guernsey School Food Standards

The school follows the guidelines set out in the PSHE Association 2013 Documentation (Appendix B) and the Food in Guernsey Schools Guidelines (Appendix C). The school policy will be amended in response to any changes in these documents.

Implementation

The implementation of the Food and Nutrition Policy is the responsibility of the Headteacher/PSHE co-ordinator who will consider aspects of healthy eating as part of developments in the school. The PSHE co-ordinator/all teachers are responsible for the coordination of the curriculum in relation to food, drink and nutrition. Steps will be taken to consult with pupils and parents, including via the School Council, Class Council and parents' workshops about this policy.

Accurate information will be given on all aspects of food and nutrition in line with Food in Guernsey Schools Guidelines and will be developed through the PSHE framework and the requirements of the curriculum.

The School Nurses will support classes as appropriate.

Roles of key adults

1. Policy and procedures

- The staff will ensure a whole school approach to developing or reviewing the food policy to involve pupils, staff, governors, parents/carers and key partners in the community.
- All staff are made aware of this policy and its clear links to other key policies through staff meetings, mentoring, induction and CPD.
- Training and information on healthy eating and food hygiene will be made available to staff who request it from the School Nurses, the Health Promotion Unit, and the Environmental

Health Department. Handling Food and Food Safety training will be kept up to date and in line with the correct procedures.

- The school will provide a clean, welcoming, sociable environment, indoors and out, for pupils and staff to eat their lunch. The school will specify areas for eating meals and will ensure all such areas have easy access to drinking water and facilities to dispose of/recycle waste.
- If staff have concerns regarding the content of a child's lunchbox/snack, please seek advice from the Child Protection Officer or another member of SLT. Monitoring and/or face-to-face meetings may need to be arranged.

2. Pupils and parents

- When food and nutrition issues are studied as part of the school curriculum, information will be sent home to parents.
- Information evenings for parents on all aspects of healthy eating will be held as often as thought necessary.
- Parents will be encouraged to: ensure children have breakfast before they come to school, bring fruit/vegetables/a sandwich/high fibre snack to have at break time, and provide packed lunches for their children which follow the guidance (Appendix D).

3. Curriculum Outline

Please see appendix B for the Curriculum Outline

Guidance for food in school

Please see appendix D for guidance regarding food within school daily, weekly and on specific occasions.

Monitoring, evaluation and review

The PSHE coordinator is responsible for monitoring and evaluating the programme. This policy will be reviewed by the PSHE coordinator in consultation with other staff as appropriate if changes occur or at a frequency of not less than every three years.

Confirmed _____ Headteacher

Date _____