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Next Review: November 2023

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Whole School Food Policy

At Hudson Road Primary School we recognise that food is vital for good health and effective learning. Additionally, we recognise that eating together is a fundamental experience and that it is an excellent activity for being sociable and building friendships.

Mission

At Hudson Road our educational mission is to improve the health of our children and families by encouraging life-long healthy eating habits.

Aims

At Hudson Road School we aim to:

- Improve the health of our school community by influencing their eating habits through increasing their knowledge and awareness of a healthy diet, and how to ensure the food is prepared hygienically.
- To provide access to tasty nutritious food and an easily available water supply throughout the school day.
- To increase the pupils' knowledge of where their food comes from, food production, manufacturing, distribution and marketing and how these impact upon their own lives and the environment.
- To ensure that the food provision in school reflects the ethical and medical needs of staff and pupils.
- To make the provision and consumption of food an enjoyable and safe experience.
- To make food eaten in school a social experience.

Objectives

We work towards these aims in lessons through shared eating times and through social and pastoral activities and family learning.

Curriculum

Within the PSHE curriculum and the wider curriculum, healthy eating, food safety and an understanding of where food comes from is taught. Where possible, this will also be linked with other curriculum areas. For example;

- English – writing instructions – menus, recipes and food themed stories.
- Mathematics – weighing and measuring.
- Science – Healthy bodies, food groups, how plants grow, micro-organisms.
- RE – the rich diversity of other cultures and their food.
- Geography – where our food is grown.
- History – What people used to eat – link with Tudors, Victorians etc.
- Art – Drawing and printing with fruit and vegetables.
- D&T – Food preparation.

Opportunities to extend the curriculum will be made through

- Family learning cookery
- Curriculum kitchen through the Country Trust
- The LAF programme
- Visitors – cooking demonstrations
- Breakfast Club

Snacks

Break

In the Early Years (nursery and reception) and in Key Stage 1 (Years 1 and 2), children are given allocated time for sharing the NHS funded fruit and vegetables in KS1. All pupils are encouraged to take and try the fruit and vegetables available during break time.

Lunchtime (Eating Together)

Lunchtime is a pleasant social occasion. Children are consulted via our School Council about which school lunches they prefer and which foods they do not enjoy. The Sunderland Menu changes annually. Reception, Year 1 and Year 2 receive a funded lunch each day. In KS2 children may bring packed lunches to school. We ask parents to pack a balance of healthy food that their children will eat. Teaching and support staff monitor the contents and consumption of children's lunches. Any packed lunches that contain unsuitable items will be given a gentle reminder (in the form of a leaflet) advising parents on alternative options.

Health and Safety

It is part of our normal school procedure that the children will be reminded to wash their hands, after using the toilet and before eating. The only drink permitted in classrooms and in different areas of the school is water. Milk or water are available in the lunch hall. Fizzy drinks and sweets are not permitted in school at all. Food will be stored in appropriate places and parents will be reminded that the packed lunches have to be stored in or outside the classrooms so it is best to use cool packs in warm weather.

All staff and parents involved in the preparation of food will be aware of food safety and hygiene.

Parents should keep the school informed if there are food allergies or food related problems concerning their child. The school will provide parents with information about food in schools, healthy lunch boxes etc.

No drinks, other than those in a packed lunch, are to be brought to school. Water is supplied within each classroom.