

PARKLANDS INFANT AND NURSERY SCHOOL



FOOD POLICY

Approved by the Governing Body of Parklands Infant & Nursery School

Date: Tuesday 21st May 2024 (To be reviewed May 2027)

Signed: _____

Mrs K Merriman (Chair of Governors)

Parklands Infant & Nursery School

Food Policy

Why do we have a food policy?

- because a food policy that promotes healthy eating will make a significant contribution to the health and well-being of our pupils
- because we believe there is a direct link between healthy eating and learning
- as part of our contribution to promoting a healthier lifestyle in our community

What do we want to achieve?

- An increase in the number of pupils who enjoy the food they consume at school.
- Improved understanding of the terms such as “balanced diet” and “ healthy eating” and more children choosing healthy options
- To increase pupils' knowledge of food production
- To increase pupil, parent/carer & staff knowledge and awareness of food issues, including hygienic food preparation and storage methods.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims.

How our Food Policy is implemented.

1. School Ethos
2. Curriculum
3. Breakfast Club/After School Club
4. Break time
5. Lunchtime
6. Staff & Visitors
7. School Visits & Events
8. Community Involvement

School Ethos

The importance of a balanced diet is consistently communicated throughout the school day including trips &

events. Staff are also encouraged to participate & model healthy eating as a valuable part of daily life.

It will be made clear that the emphasis placed on a balanced diet is to enable safe & effective learning as well as providing a foundation for good health.

Curriculum

PSED, PSHE, Geography, Science, Design and Technology, Literacy and RE may all contribute to the curriculum delivery of food education based on the principles laid out in *What do we want to achieve?*

It maybe appropriate for a wide variety of foods to be prepared & consumed within the curriculum or at a celebration. It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds. The context of a balanced diet makes this entirely appropriate provided everyone's dietary needs are met. Foods containing high levels of sugar & salt are discouraged.

Unhealthy foods will not be used as rewards.

Parents/carers sometimes wish to give out birthday food. We recognise that this is part of cultural celebrations. We see this as a treat - part of a balanced diet.

All pupils & staff have water freely available at all times & are able to refill bottles easily. Certain classrooms/subjects may wish to manage the intake of water for safety or behaviour management issues.

Breakfast Club/After School Club

Panda before and after school team are aware of the need to promote healthy eating.

Break time

At break times our pupils are only allowed to consume fruit (no nuts) or vegetables. A drink of water is encouraged after breaks as well as in the classroom. This is to ensure that pupils return to the classroom prepared & refreshed for learning.

Lunchtime

Lunches provided in Derbyshire schools exceed the national guidance. **All** pupils have choice enabling them to eat healthily.

Pupils are encouraged to taste & eat new foods.

We encourage parents and carers to pack healthy packed lunches – guidance is offered. Appropriate storage arrangements are made.

Staff & Visitors

Staff will be encouraged to model the food policy.

Visitors will be offered healthy refreshments or at least a choice which contains a healthy option.

School Visits & Events

Guidance on packed meals will be given encouraging a healthy balanced choice.

Community Involvement

At all stages the wider community will be involved in developing & implementing this policy. This will ensure that work is sustainable & that best practice is communicated. For example, practical healthy lunchbox workshops have been offered to our parents and carers.

Equal Opportunities

Provision is allowed for special diets eg medical, cultural, vegetarian & for appropriate serving.

Policy Development & Review

This policy document was produced in consultation with the entire school community.

This document is freely available to the entire school community. It has also been made available in the school newsletter, website and is referred to in our prospectus.