



St Nicholas CE (VC)
First School

learning and believing, growing and achieving

St. Nicholas CE(VC)
First School, Codsall
Belvide Gardens
Codsall
Wolverhampton
WV8 1AN

FOOD POLICY

Aim

To ensure that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors to our school.

Key Outcomes:

Healthy children who are able to sustain concentration and good behaviour for longer periods, especially in the afternoons

Children who, through their education at St Nicholas CE VC First School, can make informed choices about eating based on an awareness of general nutrition and hygiene

Rationale

With problems of obesity and concerns about heart disease and diabetes, problems already witnessed in some other developed countries, Governors of St Nicholas CE VC First School have a Duty of Care to promote a Healthy Life Style.

We hope to achieve this by addressing:-

Food Provision

Promotion of Food at School

The Formal Curriculum

Pastoral care and welfare issues

Events and Lettings at School

Initiatives to Promote Healthy Living

Food Provision

Breakfast Club: The school facility promotes healthy lifestyles by encouraging children to eat a suitable breakfast that ensures that they are well nourished and hydrated to start the school day.

Healthier Lunch Boxes: This has a high profile. It is promoted on the evening held for parents of the new Reception intake. All parents received a leaflet stating the school's position and giving advice. The Wheel of Good Health helps pupils judge their own lunch boxes. Positive reinforcement stickers will be used.

School Lunch: School meals are provided by Entrust who are committed to offering healthy food choices and ensure that minimum standards for school lunches are met. Healthy choices are promoted by the use of a display board in the dining room. School lunches are further promoted through Theme Days, which attract a much higher percentage of children to eat a school lunch. The school web-site carries the half termly menus, these are also displayed on the school's notice board. A range of drinks including water is freely available to the

Email: headteacher@st-nicholas.staffs.sch.uk

Enquiries: 01902 842998

Web: st-nicholas.staffs.sch.uk

children at lunch-time.

Free School Meals Children: These form a very small percentage of children staying for a school meal. As parents pay for lunch through 'Parent Pay' the children are not able to be identified by peers.

Consumption of Food at School : The hall is used for eating both school meals and packed lunches. It is not a dedicated room but a multi-purpose area. There is adequate seating, children can sit with their friends and in the summer can enjoy a picnic on the school fields.

Water: All children are asked to bring a daily bottle of water which they have access to throughout the day. Younger children have cups and jugs of water as part of their freely accessible snack station.

The school operates a rota system for those children staying for school meals so that no year group is disadvantaged by always being last to eat their dinner. As the hall is multi-functional time is of a premium and therefore time allocated for eating lunch is restricted.

The school provides through the government free fruit for the early years and key stage one children at break times. Water is constantly available.

Promotion of Food at School

An important part of the philosophy of the school is that food is never offered as a reward. Pupils are encouraged to try new foods through work carried out within the curriculum and through persuasion to try food 'left over' at the end of the served lunches. Trying new flavours and food is an important part of the work within the curriculum.

No visible sponsorship is used but where companies promote products to improve the health and fitness of the children this is supported.

The Formal Curriculum

There is significant emphasis given to food issues within the curriculum. For example through Geography topics the children are encouraged to learn about the food grown in that country. Through Science the children learn about Teeth and Healthy Eating and through RE children learn about food linked to different festivals. There is also a designated Healthy Living Week and regular PSHEE lessons.

Planning guides the work within the curricular areas and special importance is placed on children having 'hands on experiences' to make the work more meaningful.

Permission is always sought from parents before children access new foods in school.

Pastoral Care and Welfare Issues

Strategies are in place to address behaviour around food and lunchtime activities. The school has a procedure, through its initial data collection form, to identify children with eating disorders, allergies or health problems. Very good lines of communication also exist between parents and staff to discuss the implications of these issues.

Events and Lettings

All evening lettings are health related and rarely involve the consumption of food. The Wraparound care facility offers healthy options in their provision of food and meets necessary hygiene requirements. Following the conclusions of the Working Party responsible for this Food Policy, the PTFA has been made aware of its values and ethos.

Initiatives to Promote Healthy Eating

To support the Food Policy the school has aspirations to be recognised as A Healthy School, takes part in the School Fruit and Vegetable Scheme and promotes Healthy Living through our regular circle time discussions and school topics. Both the School Nurse and the School's Council has an important role to play in helping us to realise our aims.