

**Christ Church CE School  
Whole School Food Policy  
Spring 2016**



Christ Church  
CE Primary School  
Regents Park  
NW1 4BD

Christ Church C of E Primary School  
Whole School Food Policy

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# Christ Church C of E Primary School

## Whole School Food Policy

### Mission Statement

**The Christian Faith is at the heart of our school community. At Christ Church we care for each other and learn together.**

Christ Church is a small, caring school which is committed to a broad, balanced curriculum and to a continual raising of standards. We aim to contribute to the spiritual, moral, cultural, mental and physical needs of every individual.

We are a Church of England school, with a strong commitment to the teaching of Christianity whilst supporting a multi-faith approach to the curriculum. We recognise, value and celebrate the rich cultural diversity that exists in our school.

The Christian ethos of the school is reflected in our positive, disciplined and calm atmosphere. We believe that effective learning takes place when children work in a purposeful and stimulating environment that supports a wide range of learning styles. Mutual respect between adults and children promotes excellent behaviour and well developed social skills. With this approach we seek to achieve high academic standards.

We aim to cater for each individual, taking particular account of any specific needs or abilities. We endeavour to ensure that all our children fulfil their potential and, within this context, we emphasise health and safety, enjoyment and achievement and the beginnings of responsibility for themselves and others. These skills will be carried forward to the next phase of education and throughout life.

The whole school community is committed to a collective responsibility for the implementation of the values inherent in this statement.

# **Our School Aims - Every Child Matters**

## **The Ethos of the School**

The school aims to provide a positive, disciplined, purposeful environment, within a Christian context. We aim to teach children to be caring, to exhibit good behaviour and appropriate social skills and to begin to take responsibility for themselves and others.

## **The Values of the School**

The School aims to value every child and to contribute to the Spiritual, Moral, Cultural, Mental and Physical well being of our whole school community. We value the diversity of our community and we aim to promote the health and safety of everyone.

## **The Standards of the School**

The School aims to teach a balanced Curriculum and to ensure that each child fulfils his or her potential. We aim to provide teaching and learning of a high standard. We believe that this is achieved when pupils are highly motivated, enjoy coming to school, and are appropriately challenged.

**Christ Church C of E Primary School**  
**Whole School Food Policy**

**Date of policy:** Spring 2016

**Review date:** Spring 2019

## **INTRODUCTION**

We are committed to ensuring that the children in our care grow into healthy adults. Consequently, the school does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food. Having achieved the National Healthy School Standard, Healthy School Enhanced Model and the London Healthy Schools Bronze and Silver Awards, we are now working towards the 'Gold Award' and our Whole School Food Policy is designed to contribute a vital element to our strategy of creating a school environment in which children can thrive. We believe that it is only through a whole-school approach that the key messages about food and drink can be effectively conveyed. This document sets out our policy on this.

## **AIMS AND OBJECTIVES**

We aim to:

- Ensure pupils are well nourished at school, and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day
- Help children know and understand the importance of food and drink in a healthy lifestyle
- Help children learn what healthy food is and how it can be safely and healthily prepared
- Give children the skills they need to make the right choices with regard to food and drink
- To ensure that food provision in the school reflects the ethical and medical requirements of pupils and staff e.g. meeting vegetarian, medical, religious and allergy requirements
- Promote the physical and emotional well-being of all our children

## **CURRICULUM**

In EYFS, cooking and food preparation activities will be covered at least termly. These will be linked to topics being covered in class and may be included as part of:

- Understanding the World
- Mathematics (e.g. looking at quantities)
- Literacy (e.g. giving/following instructions)

In each year of Key Stage 1 and 2, children will be provided with a minimum of **three** cooking/food preparation opportunities. These take the form of:

- At least one planned **D&T unit** (see long-term plans for coverage in each year group)
- One '**Food for Thought**' session. This is a whole school initiative whereby all classes are given the opportunity to prepare a healthy meal/snack for the rest of the children in their key stage. Children are directly involved in the selection, planning, preparation and delivery of the foods they make for others, and class teachers will endeavour to make as many cross-curricular links as possible.
- One **seasonal/topic-based** cooking session (e.g. making traditional Christmas, Easter or Eid foods, or as part of a history/geography unit looking at specific time or place)

In addition to these planned sessions, cooking and food preparation may be taught through, or as part of, the following subjects:

- Geography lessons - children can learn where food comes from and how it reaches the shops
- Science - children will be taught about nutrition and the needs of a healthy body
- Mathematics - children will learn to measure and calculate size, length, weight and capacity
- English - children will be provided with opportunities to discuss, read and write about health-related issues, such as *GM* foods, and why some parts of the world have a surplus of food, while other parts have famine. They may also have the opportunity to write instructions of their own to make recipes
- RE - children will learn about how food is valued in different societies, and the part food plays in religious custom and practice
- PE - children will have the opportunity to learn how their body reacts to exercise, and the importance of food and drink to participation in sport and dance (this is particularly pertinent when thinking about the best snacks to be eaten prior to an after-school club)
- PSHE - children will have the opportunity to reflect on food-related issues such as how food is advertised, and how we can enjoy treats without damaging our bodies.

## THE SCHOOL ENVIRONMENT

The school environment and routines are designed to ensure that healthy eating is promoted and easily achieved:

### Water

- Each class now has its own water fountain situated in, or adjacent to, the classroom, and there are also water fountains situated in the playground for use at break and lunchtimes.
- Children can also choose to bring in their own water bottle, which they may access when they need during the day.
- Children are encouraged to drink water throughout the day, particularly during warmer weather.

### Snacks

- Children in EYFS and KS1 receive fruit or vegetables everyday at breaktime.

- KS2 are only allowed to bring in fruit or vegetables as a playtime snack. Any fruit or vegetables left over from KS1 will always be offered to the children in KS2.
- Prior to after-school clubs, children are encouraged to bring a healthy snack to eat - chocolate, sweets and crisps are not allowed.

### Breakfast

- Christ Church now runs its own breakfast club in the morning, from 8:00am until 8:45am
- Children are offered a choice of healthy breakfast foods, including toast, fruit and sugar-free cereals

### Lunches

- School dinners, provided by Caterlink, offer a healthy menu in line with government guidelines.
- The menus for school dinners are displayed around the school and also on the school website.
- Each day there are a range of food options available, including a daily vegetarian option.
- Children are encouraged to try new foods and are praised for making more 'adventurous' choices.
- The school cook is informed of all dietary needs, and this information is displayed in both the kitchen and staffroom.
- The parents or carers of children who bring packed lunches will be made aware of our healthy-school policy, and given clear guidance about what should be included in a healthy packed lunch (see separate **packed lunch policy**). Crisps, chocolate and sweets are not allowed in packed lunches.
- Lunch time supervisors monitor what, and how much, the children are eating each day. Any concerns are brought to the attention of the HLTA, who will speak to parents when necessary.
- The seating arrangements in the hall are as mixed as possible - children will be sat with their friends, but also with children from other classes. Children who bring packed lunches are also sat with children who have school dinners. We encourage children to see lunch as a social, as well as nutritional, opportunity.
- Children are always given enough time to finish eating their lunch without rushing - mealtime supervisors will sit and talk to any children whose friends may have left the hall. Slower eaters will be invited up for their lunch as soon as possible, to ensure they are given sufficient time.
- The lunch hall environment is made as welcoming as possible, with the walls decorated with artwork by the children. We also have a new 'Food Information Board', which gives children ideas for recipes and information about the nutritional content of different foods.

## **ROLE OF PARENTS AND CARERS**

We will work closely with parents and carers to ensure that the messages about food and drink we give in school are reinforced and supported at home. We expect all parents and

carers who send their children to our school to respect our healthy food policy and to support it fully through the food they give their children to bring to school.

The school aims to run regular parent workshops which promote our healthy eating policy and its benefits to both children and adults.

### **MONITORING AND REVIEW**

The governing body will monitor this policy to ensure that our children are taught the importance of healthy eating. It will be reviewed on a regular basis, and at least once every three years.