

# PARSLOES PRIMARY SCHOOL



## **Food Policy 2017-2019**

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# PARSLOES PRIMARY SCHOOL

## Food Policy

### RATIONALE

We believe that every adult at Parsloes Primary School can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.

We want children to understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.

We believe that food has a role in developing social skills.

### PURPOSES

- To make explicit the values and guidelines that underpin every aspect of food culture in this school.
- To ensure that our children receive consistent and coherent messages about food and its role in their long-term health.
- To outline our future plans and goals with regards to food culture in our school.
- To ensure that the school meets the requirements of Healthy Schools.

### GUIDELINES

#### Water in the school

- Children have access to free and fresh water throughout the school day; either in the classroom or by the exit doors.
- Children are encouraged to bring their own water bottles into their classrooms and are allowed to drink water whenever they feel thirsty.
- Children have access to jugs of fresh water in the dining hall.

#### Food throughout the school day:

##### Breakfast

- We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels without breakfast.
- Our Breakfast Club started in January 2007.

##### Break Time

- Children in Key Stage 1 and 2 can bring in a healthy snack or piece of fruit for playtime.
- Children in EYFS and Key Stage One benefit from the National School Fruit Scheme –entitling them to one free piece of fruit or vegetable a day.
- Children in EYFS eat their fruit on a rolling programme. They are encouraged to eat their fruit/vegetable at a table or on a chair.

##### Milk

- All children are entitled to a free carton of milk daily up to the age of 5.
- Children who qualify for free school meals are entitled to a free carton of milk a day.
- Parents can pay for their child to have a carton of milk from the age of 5.

#### Lunch Time – hot lunch in the dinner hall

- Currently, children in EYFS Reception and Key Stage 1 are eligible for a free school meal.

- The weekly menu is on display for the children in the dinner hall and corridor respectively.
- A copy of the menu is on our Website.
- Parents pay for school meals using Parent Pay.

#### **Lunch Time – packed lunches**

- Pupils are not allowed chocolate, energy drinks or sugary drinks in their packed lunches.
- We aim to support parents in making healthy choices when preparing packed lunches.

#### **Lunch Time – the dinner hall environment**

- We aim to make sure children have time to eat their lunch and do not need to rush.

#### **Food as reward**

- Sweets and chocolate are never given as rewards.

#### **End of term parties**

- We supply a list of food for parties and parents are encouraged to choose from this list.

#### **Food in the Curriculum**

- Cooking is carried out weekly in the Nursery and fortnightly in Reception (financed by a contribution from parents).
- The School follows the International Primary Curriculum, where healthy eating and food technology is taught within IPC units.

#### **Schemes and events**

- We try to participate in as many food-related events and schemes as possible as long as they consolidate the aims outlined in this policy.