



GREAT ROLLRIGHT CE PRIMARY SCHOOL

Food Policy



Our Vision

Great Rollright aims to be a healthy school. It is important that we consider all areas of school life and learning so we encourage everyone here to be healthier. We have delegated the consultation and writing of this policy to **The School Council** in the hope that it will be understood by all and meet the needs of our pupils.

The Aim of this Policy

We aim to ensure that healthy food and drink is provided at all times of day, whilst thinking about what individual children might need because of their religion, other strong beliefs or medical conditions.

We aim to teach all children here about healthy eating so they can make good choices.

We also aim to teach children about the importance of looking after their teeth by brushing well, visiting the dentist regularly and by making healthy food and drink choices.

We encourage all children to drink water by allowing water bottles in school.

School Lunches

At Great Rollright School all of our school lunches are prepared on site.

We wish to provide the best possible meals for our pupils and will seek out a new supplier if this should ever become necessary. The School Council regularly asks those pupils having school lunches what they think about the meals and this feedback is shared with the kitchen.

The menus for school lunches are carefully planned by our meal providers at Oxfordshire County Council and aim to make each meal a healthy, balanced choice as well as always providing extra fruit, vegetables and salad to supplement the meal.

We encourage all children to make careful choices about their lunch so that there is minimal waste.

Packed lunches brought in from home

Some children bring a packed lunch from home. The school regularly discusses healthy lunchboxes with the children. We think that packed lunches should be a balance of healthy food and perhaps a treat. It is acceptable to bring a chocolate biscuit or a piece of cake but we don't think children should bring lots of sweets

and cakes. The school does not contact parents to advise about packed lunch unless they are very concerned about the healthiness of the contents. Children may not bring fizzy drinks to school but fruit juice, fruit drinks or milk may be put in packed lunches. We have children and adults in school who are severely allergic to peanuts so we are a “nut free” school. We ask parents to avoid putting peanut butter sandwiches or any other nut products into lunch boxes.

Dining Environment

We are working to make the hall a pleasant place to eat lunch in. The School Council will always listen to what their classmates are telling them about changes we could make.

We have introduced a new focus on table manners and children are rewarded with house points if they are seen to be demonstrating these manners.

If the hall is quiet then children may have music playing in the background.

Whenever possible, we allow the packed lunch children and school dinner children who have chosen the ‘picnic’ option, to eat outdoors on the picnic benches, still supervised by the normal lunch supervisors.

Breaktime snacks and drinks

All KS1 children at Great Rollright School are offered fruit or vegetables at morning playtime. All children in the school are also invited to bring in their own fruit and vegetables for snack time. We encourage the children to drink water after playtime when they have been exercising outside.

Each year we participate in ‘Eat them to defeat them’ which is an initiative where all children get to try vegetables every day in all kinds of exciting ways.

Water Bottles

All pupils are actively encouraged to bring a named water bottle to school daily and to drink water throughout the day. Children who need a drink and do not have a bottle, may ask an adult for a beaker. We ensure that all pupils understand why it is important to drink lots of water. We do not allow children to have other kinds of drinks in their bottles unless they have a special medical reason.

Treats at school

We aim to reward children for good choices with stickers, certificates and praise. Parties and celebrations in school should be well managed so that the children have healthy choices and food is not wasted. It is important that we do not give mixed messages.

Occasionally we hold bake sales etc to raise money for charity but we encourage children to take any treats home to eat as part of their balanced dinner. We think it is good to celebrate birthdays and aim to do this in a healthy and enjoyable way. We give every child a birthday card and clap. We encourage parents to bring in healthy snacks for birthday celebrations rather than cake. This could be fresh fruit like strawberries or kiwi fruit. You could also choose to bring in stickers etc. Another nice way to mark a birthday is to send in a book donation for the class which can be shared on the child's birthday. If a child does wish to bring in small biscuits or birthday cake to share that is acceptable but we do ask children not to share sweets on their birthday at school.

Food Allergies

We try hard to find out if any of our pupils are allergic to any particular foods. If there is a severe allergy to a type of food we aim to protect the child by not having that food in school. we follow the guidelines in Natasha's Law and ask all home-made food items to be appropriately labelled. Parents should make sure they tell the school if a child is allergic to any food.

The Curriculum

Literacy lessons provide the opportunity to learn about recipes, poetry, persuasion, argument and advertising in relation to food and healthy choices.

Mathematics offers opportunities to understand nutrition labels (involving percentages), calculate quantities and weigh and measure ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, energy levels and digestion.

PSHCE lessons encourage children to take responsibility for their health and well being through making healthy choices.

PE is important in teaching children that a healthy diet and exercise will lead to a balanced life.

DT offers opportunities to prepare and cook a variety of food in each class. At Great Rollright, we prioritize designing and cooking healthy, savoury snacks such as soups, salads, savoury pancakes and bread. When we do want to cook sweet treats, we always look for healthier options and plan to eat these as part of a meal.

Other subjects enable children to understand where food comes from, how lucky we are to have food, how other countries and different religions eat a range of produce and how our eating habits have changed over time.

Monitoring

It is the responsibility of the Governing Body to monitor all areas of this policy. Members of the Monitoring Committee look after Healthy Eating at Great Rollright School.

The School Council are responsible for checking that this policy is right for the children at our school and to see Miss Hastings if they want changes. The School Council checked this policy on 16th March 2023.

This Policy will be reviewed by September 2024.

Signed:

Helen Hare
Governor