



Barmby Moor and Garton on the Wolds CE Primary School

Respect, Aspire and Achieve



Our school works in partnership with the church and the wider community to give a caring and nurturing environment. Together we enable and equip everyone to have life to the full as Jesus promised. This vision is underpinned by the values of hope, friendship, respect, forgiveness, perseverance, tolerance and thankfulness.

"I have come that they may have life, and have it to the full" (John 10 v.10)

Whole School Food Policy

Introduction

Garton on the Wolds & Barmby Moor Schools are dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

Aims

It is a primary aim of our schools that every child should be made aware of what constitutes a healthy diet. We are caring schools, whose values are built on mutual trust and respect for all. This policy is designed therefore to ensure that all members of the school are aware of our healthy school aims and targets.

The school has a number of rules, but the primary aim of this policy is not to inflict a set of compulsory rules but rather to encourage the community to adopt a healthy lifestyle and instruct children in adopting a healthy lifestyle.

The school will expect every family to try and support us in showing our children the correct way to eat. This in turn will help to improve overall health and a sound knowledge of what our body needs to grow healthily.

This policy is therefore designed to promote a good eating ethos and to make children aware that not all foods are safe for everyone to eat.

Curriculum

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussion and role-play.

Leading by example and staff training

Teachers and support staff have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

Resources

Resources for the teaching of healthy eating in PHSE are available electronically and as a hard copy. Books are available for the children in the library. Some information is displayed in poster form around the dining room.

Evaluation of pupils learning

The healthy eating aspects of the National Curriculum are assessed through both formative and summative assessments.

Food and drink provision throughout the school day

Breakfast

Breakfast is an important meal of the day and we operate a breakfast club daily for those children that require it. This provides a nutritious meal for pupils before the school day.

Snacks

The school recognises that a snack can be an important part of the diet of young children. We run the free fruit scheme for Key Stage 1 children and they are encouraged to eat a piece a day, at playtime. Key Stage 2 children are also encouraged to bring fruit or a healthy snack for playtimes. We offer milk to our Foundation Stage pupils on a daily basis. Fresh water is available to all pupils throughout the school buildings. The children are encouraged to bring a water bottle from home for use in the classroom.

Lunch

Food prepared by the catering team at Middleton on the Wolds kitchen and Barmby Moor Primary School meets the National Nutritional Standards for School Lunches. It is transported to Garton School from Middleton daily.

Parents are encouraged to pack healthy lunches for their children.

Special Dietary Requirements

Parents are requested to inform the school if their child has any special dietary requirements.

The school caterers will provide food in accordance with pupils' religious beliefs and cultural practices. They also offer a vegetarian option at lunch everyday. When necessary they will also provide a vegan option.

Food allergy and intolerance

School staff and caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to the agreed process. **Barmby Moor Primary School is a nut-free school.**

Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available, that food handlers undergo appropriate food hygiene training and that suitable equipment and protective clothing are available. We consult our local Environmental Health Department about legal requirements

Monitoring and Evaluation

Parents are invited to view the healthy eating policy and to contribute to a healthy eating approach where appropriate. The Head teacher reports to Governors.

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