



# Carlisle Infant School

## Federated with Hampton Hill Junior School



### **Whole School Food Policy**

#### Introduction

This policy was developed through consultation with staff, parents, children and governors.

Carlisle is a health promoting school committed to giving our children consistent messages about all aspects of food to promote the health and well being of every child. We encourage children to think about the choices they make and how these choices may have an impact on achieving a healthy lifestyle.

#### Aims

- To give consistent messages about food and health
- To promote health and well being awareness for all
- To provide information to encourage children to make healthy choices
- To create a school environment that supports a healthy lifestyle.

#### Fruit and Vegetables

Carlisle participates in the National Fruit Scheme. Each child is encouraged to eat a piece of healthy fruit/vegetable. No other snacks are permitted.

#### Milk – Cool Milk Scheme

Parents can register their child with the Cool Milk scheme if they wish their child to have milk to drink mid-morning.

#### Water

Water is freely available throughout the school day. Children are encouraged to bring a water bottle from home. Four hygienic water fountains are located on the school site – 2 inside, 2 in the playground. Children are regularly reminded to drink water especially at lunchtime, when the weather is hot and after physical activity. Plentiful drinking of water has been recognised as improving concentration and behaviour. No other drink is permitted.

#### School Meals

All our school meals are provided by a contracted caterer who has a healthy-food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a vegetarian and non-vegetarian option, both of which pay regard to nutritional balance and healthy options. Many children bring packed lunch to school. We regularly include newsletter items about the contents of these and we do not allow sweets, chocolate bars (although we do allow chocolate covered biscuits at present) or fizzy drinks.

## Packed lunches

A lot of children bring a packed lunch to school. We remind parents about the contents of their child's lunchbox. We do not allow nuts, sweets or fizzy drinks and encourage parents to prepare a healthy packed lunch.

## The Dining Room Environment

We aim to ensure that the dining room makes a positive contribution to lunchtime. The area is clean and welcoming and staff encourage social interaction at meal times. Water is available. We follow the **Dining Golden Rules**:

- We line up calmly
- We walk carefully through the hall
- We speak quietly to those around us
- We keep our table clean
- We are polite to each other
- We use good table manners

## Food across the Curriculum

There are many opportunities for children to develop knowledge and understanding across the curriculum of healthy eating, developing practical skills when preparing food, cooking and finding out where food comes from.

Curriculum content will include:

- Maths: Calculating quantities for recipes, weighing and measuring ingredients.
- Science: Learning about different food groups, why healthy eating is important, how the body responds to exercise.
- ICT: Opportunities to carry out research
- PSHE&C: developing healthy life styles and beginning to take responsibility for making healthy food choices (Circle Time).
- R.E. Opportunities to discuss the role of certain foods in different religions.
- Outdoor Learning: The Jubilee Classroom provides children with experience of growing, caring for and harvesting food grown from seed.
- Music: Learning songs about food
- Geography: Learning where food comes from
- History: Understanding how food has changed over time.
- P.E.: Understanding the importance of physical exercise and its affect on the body.
- Healthy Schools Week: Provides regular intensive focus on health and well-being.
- English: Stories and poems, role play, speaking and listening, designing a menu, writing and following instructions, persuasive writing (Y2), reasons for eating healthily.

### Partnership with Parents

Carlisle leads by example and seeks to be a positive role model in terms of our approach to food and nutrition. Parents are informed of our packed lunch and water policy through letters, information booklets and school prospectus.

### Role of Governing Body

Governors monitor and check the implementation of the food policy through their monitoring visits schedule.

### Monitoring & Review

The Head of school, Deputy Head of school, SLT and PSHE&C Co-ordinator monitor the implementation of the food policy, curriculum development. The contractor for school meals is responsible for ensuring the quality and quantity of the food offered.

### **Revised September 2015**