



Whole School Food Policy for William Davis

Aim:	<ul style="list-style-type: none"> To ensure all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to the school. To promote healthy eating habits that lead to lifelong health & well being.
Rationale:	<ul style="list-style-type: none"> A balanced healthy, nutritious diet is important for the development of a child's physical state, as well as their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills.
Objectives:	<ul style="list-style-type: none"> To improve the health of pupils, staff and families by helping to influence their eating habits through increasing knowledge and awareness of food issues, including what constitutes healthy eating. To ensure pupils are well nourished at school and that every pupil has access to safe, tasty, nutritious food and safe, easily available water supply during the school day. To ensure the food provision in the school reflects the ethical, cultural and medical requirements of staff and pupils, eg, religious, ethical, vegetarian, medical and allergenic needs. To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment. To monitor menus and food choices to inform policy development and provision.

PROVISION

Activity	Our provision
Breakfast club	<ul style="list-style-type: none"> We currently run Magic Breakfast which is partially funded by the government; we offer cereal and milk; bagels, margarine and honey; juice (diluted with water) and fruit. We have reflected on our breakfast offer, with the healthy habits and Sugar Smart agenda in mind, and ensured no white bread, sugar or additionally sweetened items are served at our Breakfast Club.
School Meals	<ul style="list-style-type: none"> We liaise with the kitchen team in order to agree the lunchtime menu. We have consulted children on their views about school dinners using a Healthy Schools questionnaire. The lunchtime staff monitor food and adapt accordingly. Having worked on the Healthy Lunchtime experience with the Healthy Schools Team we have reduced the sugar intake by limiting puddings to fruit, custard,



	<p>cheese, biscuits and yoghurts; we have also agreed that children should not make a habit of eating “second helpings of carbohydrates.”</p> <ul style="list-style-type: none"> • We allow second helpings of vegetables, salad and fruit, if available. • We have ensured children get calcium through daily custard, cheese and biscuits or yoghurts. • We offer water at the table to ensure children are independent and children are able to drink with the meal. • We have introduced bread at the table to encourage children to sit, eat and talk socially whilst they wait for their turn to collect their food. • We ask children to remain in their seats, set their cutlery and talk whilst waiting for their food, as opposed to queuing up; this reduces behaviour incidents and increases social communication. • We have weekly lunchtime ambassadors who talk to children, encourage children to eat, encourage children to try new food and help keep water and cutlery well stocked.
Packed Lunches	<ul style="list-style-type: none"> • All children eat school dinner. • When a child is new and if they find the food unfamiliar, they may bring in home food for a short period. We monitor the food that is brought into school. • On school trips, children eat a school packed lunch.
After School Clubs	<ul style="list-style-type: none"> • Our childcare after school provision, WD Play, offers beigels, margarine and honey; cereal and milk; fruit; and juice (diluted with water). • At our weekly Health Club, run by the local GP surgery, we promote healthy eating and forming healthy habits. Children make healthy snacks and find out facts about food. Health Club also engages parents in order to help them form healthier habits in the home.
Water Provision	<ul style="list-style-type: none"> • Children are encouraged to bring water bottles into school. Children have access to water in the class and dinner hall (jugs and cups) and drinking fountains in the playground.
Birthdays, fayres, special events	<ul style="list-style-type: none"> • School staff do not distribute birthday celebratory food (cake, sweets, biscuits) on behalf of children. Parents who choose to, take responsibility for sharing a birthday treat at the end of the day in the playground once parents have arrived. • School runs annual winter and summer fayres, international evenings and parties to celebrate festivals. We encourage classes to plan savoury contributions; however, for special events we do allow children to consume celebratory food with a higher sugar or fat content .

CURRICULUM



Activity	Things to consider
Curriculum	<ul style="list-style-type: none">• Making healthy choices is on the curriculum every second year (Reception, Year 1, Year 3, Year 5) for PSHE. The scheme used is Cambridgeshire; the topic heading is 'Healthy Lifestyles'.• Children will make savoury dishes during Design and Technology lessons. Children will make a range of mainly savoury dishes as part of the Cooking and Nutrition aspect of D&T, as they learn to apply their knowledge about nutrition and healthy eating.• During Science lessons children will learn about what the body needs to develop good nutrition and healthy teeth and the impact of diet and exercise have on how bodies function.• Children will learn about making ethical food choices e.g. fair trade, during PSHE and geography lessons.

MESSAGES GIVEN BY THE SCHOOL

Activity	Things to consider
Rewards	<ul style="list-style-type: none">• We offer praise, certificates, stickers, additional playtime as rewards.• We do not use sweets, chocolates or any other unhealthy food as a reward, treat or a prize, with one exception- 100% attendance.• Once a year children who have 100% attendance watch a movie with an icecream.

PARTNERSHIP WORKING

Activity	Things to consider
Children	<ul style="list-style-type: none">• Children are engaged with lunchtime provision; they were consulted through a questionnaire and they have responsibility roles in the hall.• School Council is a termly opportunity for discussions with the School Leadership Team about issues raised by children in class meetings.
Parents	<ul style="list-style-type: none">• Parents were consulted when we changed our lunchtime provision to 'Healthy and Sociable' lunches.• Parents are invited to engage with our afterschool Health Club, which is run by the GP surgery.
Staff	<ul style="list-style-type: none">• Staff are encouraged to eat school dinner with the children if they have the capacity to.



Governors	<ul style="list-style-type: none">• Governors discussed the changes to a 'Healthy and Sociable' lunchtime. They understand that the school has to address a local and national issue of high levels of obesity in our children through a strategic approach to changing habits around eating and physical exercise.
External Agencies	<ul style="list-style-type: none">• We have been supported to develop our 'Healthy Lunchtimes' through work with the Tower Hamlets Healthy Schools team.• Magic Breakfast (charity) have supported the development of a healthy breakfast club.• Healthy Schools Team and Tower Hamlets Public Health team have promoted the Sugar Smart campaign.• Our local GP surgery has supported the school by running an after school Health Club for pupils and their families.• We work in collaboration with the school nurse team, who will identify and monitor pupils who may be at risk of becoming or being overweight or obese and who will support for their families with developing a healthier lifestyle?

Consultation that has taken place: Lunchtime Ambassadors Award – Healthy Schools Team

Date policy was approved: November 2018

Review date: November 2023

Person(s) responsible for overseeing Healthy Eating: Claudia Wesse (PSHE)/ Annika Eadie (HT)