



Silverhill Primary School  
Policy for Whole School Food

Policy No. C7	Issue date Term 6 2009	Review date Term 5 2010
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This document is freely available to the entire school community. It has also been made available on the school web site.

**Aim**

To ensure that all aspects of food and nutrition in school promote health and wellbeing of pupils, staff and visitors to our school.

**Policy Statement:**

Silverhill Primary School takes healthy eating very seriously. We recognise the impact that healthy eating and drinking can have on children's ability to learn and understand that we have an important role to play in providing information on healthy eating to our children and their families on ways to establish and maintain life long healthy eating habits. We have various activities planned throughout this school year to promote healthier eating and these are detailed in the policy.

**Current provision:**

Silverhill Primary School currently encourages healthy eating and drinking in the following ways:

- Only fruit or vegetables, other healthy or fair-trade foods from school tuck shop are permitted as break time snacks;
- Water consumption is encouraged throughout the day and children are allowed water bottles in their classroom;
- Children learn about food types in both science and design technology throughout the school and are given the opportunity to create their own healthy food and drinks through this;

**Objectives:**

As part of our work to maintain healthy schools status Silverhill Primary school plans to achieve the following:

- - Staff to review formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up-to-date.

- Carry out healthy living week in summer term with input from children on the school council to incorporate:
  - healthy lunchboxes
  - 5 a day
  - use of resources as part of teaching
  - healthy recipes (smoothies/juices/sandwiches)
  
- Run an after school healthier cookery club and ensure that the teacher with responsibility for food has basic food hygiene training.
  
- Improve the dining hall environment with ideas from the school council and through a 'top table'.
  
- Run a growing club as part of the ECO Committee.
  
- Consultation with kitchen staff to discuss school meal provision and discuss possible improvements to the meals provided in school.
  
- Work with the breakfast and after school club to ensure they are serving a range of healthy food options.

Guidelines: (How are we going to meet our objectives?)

- Formal curriculum: Monitor and review food based topics at each key stage.
  
- Healthy living week: Run a week of healthy living activities using new resources to include the following aspects- healthy lunches, water consumption, exercise and healthy recipes. This will be run alongside normal lessons.
  
- Extra-curricular: Establish an after school cookery club for juniors and infants. Send teachers who will run the club on one day basic food hygiene course.
  
- Communicate with kitchen staff about the possibility of fruit and vegetable portion sizes gradually increasing and the introduction of fruit in the salad bar.

**Monitoring and Evaluation:** How do we know our objectives are being met?

- Food based learning highlighted in planning, and feedback from staff lesson observation forms show healthy eating links within the taught curriculum.

- Whole school involvement in healthy living week- school council may wish to report back on their views about it. Short report and photographs summarising the week to be posted on the school website.
- Teachers running cookery club to report back to staff on its effectiveness.
- Communicate with school council and staff about the changes made in the dining hall.

## **Notes**

- Silverhill Primary School is continuing to work on National Healthy School status.
- This policy document was produced in consultation with the entire school community, including pupils, parents, school staff, governors, LEA representatives, community dietician and local Healthy School Supporter.
- Silverhill actively supports healthy eating and drinking throughout the school day.