



Whole School Food Policy

Garrick Green is an urban infant school situated in Old Catton which is a suburb of Norwich. There are approximately 140 pupils on role.

Garrick Green Infant School is committed to being a healthy school and to promoting the health and well-being of the school community. As part of this we aim to help our pupils understand the consequences, and to develop the skills to take responsibility for the choices they make.

Other relevant policies

- PSHE
- Drug Education
- Sex and Relationship Education
- Physical Activity

Aim

- To ensure that all aspects of food and nutrition in the school helps promote the health and well-being of the whole school community

Objectives

- To ensure that food provided across the school day is consistent with our aim and meets the mandatory standards, covering all school food, introduced from September 2006
- To ensure that food and nutrition information across the curriculum, and in extra curricular activities, is consistent and up-to-date.
- To ensure that the whole school community is involved in the development and implementation of this policy
- To ensure that a member of staff involved with food always has current Basic Food Hygiene training.
- To use produce grown in the school vegetable garden when preparing healthy foods.

Food Provision Across the School Day

The food provided within school meets the latest mandatory standards from the DCSF.

Breakfast Club

Kidz Klub at Lodge Lane Infant School provides a breakfast club for our pupils. At the end of the session pupils are transported by minibus to their relevant schools.

After School Club

Kidz Klub at Woodland View Junior School and Clever Cloggs at Lodge Lane Infant School both provide after school clubs for children at Garrick Green. The people who run the club provide the children with food which meets the latest mandatory standards from the DCSF.

Break time

Children are always encouraged to choose a piece of fruit or vegetable provided by the National School Fruit and Vegetable Scheme.

Children can bring a small snack from home, however this should not be sweets or chocolate bars.

Water will always be available to the children from a conveniently placed water cooler.

School lunches

School lunches and menus are provided by Norse and are prepared and cooked in the school kitchen on site.

All parents/carers are to be provided with a current menu for the school lunches available to their children.

Children are encouraged to try school lunches by hosting various themed lunch days e.g. Healthy Heart day, Summer Sizzler and Christmas Lunch.

School dinners are eaten in the hall which is an attractive and pleasant space.

All children are to be supervised by MSAs who encourage the children to try different foods and to eat a substantial amount of food for their lunch. We encourage children to enjoy eating their food and see it as a time to chat quietly with their friends. 'Clean Plate Award' stickers are also given to encourage children to eat their lunch.

Water is always available at lunchtimes.

Packed lunches

Garrick Green believes that packed lunches should form part of a child's well balanced diet.

We endeavour to provide information to children and parents regarding healthy ideas for packed lunches. We will also use outside agencies such as dieticians to help provide information regarding healthy eating and a balanced diet.

All children are to be supervised by MSAs who encourage the children to eat a substantial amount of food for their lunch, including at least one portion of fruit and vegetable. Water is always available at lunchtimes. We encourage children to enjoy eating their food and see it as a time to chat quietly with their friends.

Water Provision

Pupils are encouraged to drink water throughout the school day. Every classroom is equipped with either a water cooler or a water fountain which the children can use freely throughout the day. Water is always available in a convenient location when children are playing at break times and lunch times.

Consistent messages

Rewards for good achievement are to be in the form of stickers, certificates and 'choice cards' rather than chocolates or sweets. For one off occasions such as Christmas parties and fund raising events treats will still be available. However there will be healthy food and drink options also available at such events.

Teaching about food and nutrition

The overall aim of our teaching about food and nutrition is to help children learn about and to enjoy food. The Balance of Good Health Model/Eat well Plate as recommended by the Food Standards Agency is used as the basis to teach about healthy eating within the curriculum.

Teaching will take place within these areas:

- Science
- Technology
- Knowledge and understanding of the World
- Gardening
- Special events such as Children in Need, Comic Relief etc.

Continuing Professional Development of staff

A current Food Hygiene Certificate is held by a member of staff involved with cookery.

Inset/training provided by Healthy Norfolk Schools team will be undertaken when necessary by staff.

Inclusion

All needs of the children will be considered when organising cookery lessons and other special events involving food. Staff will ensure that children with particular dietary requirements are accommodated for.

Additional notes

Garrick Green Infant School has completed all criteria towards National Healthy Schools Status and is awaiting confirmation of this award.

This policy document was produced in consultation with staff, parents/carers, children and school governors.

Approved by Governing body - December 2009

Signed -

Date for review - December 2012