

Downs Way School Nutrition Policy

It is recognised that there is an important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. There is a role the school can play, as part of the larger community, to promote family health.

It is also recognised that sharing food is a fundamental experience for all people; a primary way to celebrate and nurture our cultural diversity, and an excellent bridge for building friendships.

We hope to promote a healthy lifestyle for families in our community by teaching students and their families ways to establish and maintain life-long healthy habits. We do all this through food education and skills. The food served in school and the academic content in the classroom.

Aims

- To improve health of pupils, staff and their families by helping to influence their eating habits through increased knowledge and awareness of food issues, including what constitutes a healthy diet and hygienic food preparation and storage methods.
- To ensure all pupils are well nourished at school, and to ensure that every pupil has access to safe, tasty and nutritious food.
- To ensure that all pupils and staff have access to a water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience.

Objectives

To work towards ensuring that this policy is accepted and embraced by:-

- Governors
- Staff
- Pupils
- Parents
- The school's wider community

To integrate these aims into all aspects of school life through:-

- Food provision
- The curriculum
- Social activities
- Water provision

Methods

- *Develop an understanding and ethos within the school of safe, tasty, nutritious food, through both education and example.*

There could be a food based topic week each year to include all areas of the curriculum.

References should be made through the year to nutrition, dining, cooking, menu planning, food hygiene, cultural diversity, food production, recycling and growth of plants.

Within the curriculum activities there could be visits to shops, farms or restaurants, tasting sessions, healthy eating projects, growing of food plants.

- *Create an environment, physical and social, conducive to the enjoyment of safe, tasty, nutritious food.*

Ensure the dining area is clean, safe, pleasant, comfortable and attractive. Ensure there are enough supervisors. Ensure the pupils have enough time to eat and enjoy their meal. Foster good manners and respect for fellow students. Ensure there are adequate hand washing facilities, bins and facilities for disposing of waste food. Ensure school lunches meet government nutritional standards.

Provide advice on healthy packed lunches for new parents.

Send home information on healthy eating options.

- *Ensure children understand the benefits of hydration.*

Adults should ensure that children are provided with water during the day, especially during hot weather and periods of exercise.

- *Ensure high level of food hygiene within school.*

All staff employed in food preparation in the kitchen should hold basic food hygiene certificate or be supervised by a certificated person.

All hygiene regulations should be complied with. (Regular inspections are carried out by Commercial Services with regard to food storage, hygiene, food preparation, cleaning and disinfecting.)

All pupils must wash their hands after going to the toilet and before eating food.

All adults who assist with food preparation activities in the classroom follow rules of food hygiene as used in the kitchen.

Useful websites for information on nutrition

- British Nutrition Foundation <http://www.nutrition.org.uk>
- Health Education Trust <http://healthedtrust.com/pages/news.htm>