

Violet Lane Infant and Nursery School

Food Policy

Statement

Violet Lane School is a "Healthy School" this status was achieved in 2007. We promote health awareness in all members of the school community and are able to provide a positive role model to pupils and families with regard to food and healthy eating choices. Staff strive to create an environment which supports a healthy lifestyle.

Our school food policy helps ensure that the entire school community and the wider public understand the ethos of the school in relation to food and drink. The Policy supports planning within the curriculum and by engaging the whole school community of pupils, teachers, parents and caterers as well as governors, it helps drive healthier eating throughout the school and promote health and well-being.

Training of staff is considered a high priority to develop individual's knowledge, skills and attitudes in order to ensure that they can work confidently and effectively.

School Lunches

Violet Lane employs its own catering staff who prepare and cook meals daily using fresh produce. Menus have been planned in consultation with staff, governors, pupils, parents and the National Standards. Staff training is ongoing to ensure compliance with the standards. The catering manager prepares a termly report for governors

Aims

- To continue to increase levels of uptake of school lunches.
- To ensure compliance with the new standards for school lunch.
- To ensure that the choices provided address cultural, religious and special dietary needs.
- To ensure the school has the capacity to provide a meal for all those who require one, including those who qualify for a free school meal.
- To source products locally to support sustainability.

Packed Lunches Brought From Home

Some children bring a packed lunch to school (**sweets and fizzy drinks are not allowed**). We continue to work with parents to promote healthy eating in line with the Every Child Matters agenda and the School Food Policy. Sample menus for healthier packed lunch boxes are available on the school website. We also provide workshops where parents and children can have fun planning healthy lunch boxes.

Aims

- To provide parents with information relating to whole school food policy.
- To work with parents to ensure packed lunch contents are in line with the whole school food policy.

Before and After School Club

As part of its extended school agenda Violet Lane provides care for children before and after school. Food at the Club is provided by our own catering team and this ensures compliance with the National Standards and the School Food Policy.

Aims

- To ensure compliance with the new standards for school food.
- To ensure that the choices provided address cultural, religious and special dietary needs.
- To source products locally to support sustainability.
- To provide activities at the Club which promote the healthy eating agenda.

Dining Environment

Violet Lane considers the dining environment is at its best when it is a fun and relaxing place to be. Good relationships between staff and pupils are considered essential for providing a positive ambience and feel. All staff are offered regular training, invited to regular meetings and contribute to the school food policy.

Aims

- To ensure the dining environment is a desirable place where there is enough space to sit and eat a meal, promoting social and community cohesion.

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Break time Snacks and Drinks

Violet Lane provides a snack at break time for children to purchase. This snack is in line with the National Standards. Children are able to bring a snack and drink from home if they prefer. A letter is sent to parents giving advice on healthy break time snacks and drinks. Children are not allowed sweets etc.

Aims

- To ensure that break time snacks and drinks are in line with the whole school food policy.
- To ensure that any snacks and drinks provided by the school meet the new school food standards.
- To gain parents' agreement to the school's policy regarding snacks and drinks.

Water

Violet Lane recognises the need for a free, fresh supply of drinking water available for all throughout the day. There are various water fountains around the school along with drinking water in the certain areas. Pupils are encouraged to bring water to school daily and allowed to refill their bottles as needed.

Aims

- To encourage pupils and staff to drink water at frequent intervals throughout the day.
- To educate pupils about the importance of hydration.

Food Allergy

Violet Lane recognises that individuals can have a food allergen.

Aims

- To ensure equal access for those affected by allergens.
- To consider the needs of food-allergic pupils and develop appropriate procedures.
- To ensure that affected children are not unknowingly exposed to food allergens like nuts and seeds during schools hours, including Before and After School Club.
- To ensure correct training of staff making them allergy aware.
- To ensure sufficient staff area trained and therefore confident to deal with a child who suffers an adverse reaction.

Curriculum

Violet Lane recognises the need to develop pupils knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from and its impact on daily life.

Aims

- To ensure that the curriculum includes the importance of healthy eating:
 - ∇ Science will develop children's knowledge about the types of food available and the functions of different foods contributing to health and how the body responds to exercise.
 - ∇ Food Technology, as part of D&T allows children the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including selection, preparation and cooking.
 - ∇ PSHE, encourages children to take responsibility for their own health and well being and teaches them how to develop a healthy lifestyle.
 - ∇ PE, provides pupils with the opportunity to develop physically and to understand the impact and importance of taking part in regular physical activity.
 - ∇ Extra curricular activities such as gardening and cookery club are also available.

To ensure that all year groups have the opportunity to access workshops relating to food.