



Whole School Food Policy

January 2022

Botanic Primary School actively supports healthy eating and drinking throughout the school day.

Aim

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

Objectives

Our objectives are to:

- Review the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up to date.
- Work with the school caterer to develop the pupil's experience of school dinners using feedback from pupils and staff
- Continue a food week in school to promote promoting healthy eating and drinking messages
- Ensure that staff who are taking responsibility for food in the classroom have basic food hygiene knowledge.
- Give support to parents about healthier snacks for break time and lunchbox choices
- Work with the school caterer to promote a school lunch theme day
- The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day, and free of charge.
- Ensure that Botanic Primary School is a nut and kiwi free school to protect pupils with anaphylaxis.

Action

We will meet our objectives by:

- Discussion at school council. SLT monitoring change.
- Formal curriculum: Teachers include lessons based on healthy eating and living through the areas of The World Around Us, PDMU and PE.
- Food Week: running fruit and vegetable taster sessions.
- Linking with health promoting events
- Regular liaison with the School Kitchen staff.
- At the beginning of the school year give parental support for healthier snacks and lunchboxes by giving advice posted on Seesaw to all families.
- Food will be prepared by the pupils in some cases, under the supervision of classroom assistants and volunteers. However, these staff have received no formal training as they are not specific dining staff and are merely providing an extra service to the pupils- largely funded by parental contribution and through the Extended Schools Programme.
- Fresh water will be available to pupils and staff every day either by use of water fountains or water taps in the classrooms or communal areas.

- Anaphylaxis- families will be reminded on a regular basis that nuts and kiwi cannot be brought to school as part of snacks or packed lunches.

Monitoring and Evaluation

- SLT reporting on progress to the school council and reviewing policy annually in light of improvements and changes
- Formal curriculum: teachers being able to identify food based topics through schemes of work
- Food Week:-Photographs and articles from the Food week shared on social media with the school community.
- Extra- curricular: reports and photographs posted on the school website.

Resources

- ❖ The Eat Taste and Grow resource for Years 1-7, produced in collaboration with the Public Health Agency, Safefood and CCEA , aims to increase awareness among children of the origins of their food, local produce and the role that a balanced diet and being active plays in a healthy lifestyle. It is an interactive resource that can be used on an interactive whiteboard or computer.

Links- Healthy Eating Policy

The World Around Us scheme

The Personal Development and Mutual Understanding scheme

January 2022

Whole Food Policy review date- January 2025