



Hadley Wood Primary School

Food Policy

Background to the Policy

This policy has been written to make explicit the values and guidelines that underpin every aspect of food culture in Hadley Wood primary school. We want to ensure that our children receive consistent and coherent messages about food and its role in their long-term health. Our FHWS raised money to create a children's kitchen, where the children can prepare food hygienically.

What are the values that inform this policy?

- We believe that every adult at Hadley Wood can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.
- We want the children to understand that good, nutritious food is essential to their ability to learn, as well as to their long-term health.
- We want the children to apply their knowledge about food and make healthy choices both in and out of school.
- We want the children to enjoy cooking and learn certain core skills by the time they leave the school.
- We believe that food has a role in developing young people's social skills.

Water in the school

- Children have access to fresh water throughout the school day. All of the cold water in the school comes straight from the mains.
- Children are allowed to drink water whenever they feel thirsty, although teachers would appreciate them not asking to go for drinks during the 20mins or so input time at the start of each lesson. These sessions are usually just after a break when water is freely available.
- There are jugs of fresh water available in the dining hall at lunch time.

Links with the wider community

- All of our KS1 children are offered a free hot lunch each day. We encourage parents not to put sweets, crisps and fizzy drinks in packed lunch boxes.
- From time to time we include reports about the school kitchen or the children's cooking in our online newsletter.
- We have taster sessions where we invite parents to taste the various meals cooked in our school kitchen
- We liaise with parents/carers if a child is having difficulties eating their meal at lunchtime
- The headteacher and deputy regularly meet with the area supervisor as well as the Senior Cook to discuss menus.
- The local Tesco store are keen to encourage children to take part in their 'Farm to Fork' initiative, learning how their food is sourced.

Healthy eating in school

Food Policy 2018

Children in Key Stage One benefit from the National School Fruit Scheme – this entitles them to one free piece of fruit or vegetable a day. KS2 children are welcome to bring their own **fruit or vegetable** for break time.

We aim to provide our children with good quality, healthy food and we actively promote healthy choices.

We recognise the importance of eating a hot meal at lunch time. Menus are provided by Enfield catering and are held on 'Parent Pay' so that parents can track what their children have chosen. The menus include meals from the diverse range of nationalities in Enfield schools and there is also a vegetarian option available every day. The Cooks encourage the children to choose school meals by joining in with the school themes including Multicultural week, 'Wimbledon' and Chinese New Year.

We listen to the children's opinions on the menu and adapt the menu accordingly. The cooks meet with School Council to discuss changes to the menu each season.

We aim to make sure children have time to eat their lunch and do not need to rush.

Lunch Buddies (children from Years Four, Five and Six) work in the dinner hall each lunchtime. The Buddies help children cut food and open packets and play an important role in improving the dinner hall environment. They support lunchtime supervisors to keep the dining hall clean, promote good manners and conversation and support children in making healthy choices with their food as well as provide them with fresh water in jugs.

Food in the Curriculum

There is a lot of cooking included in the Design Technology curriculum but we also exploit opportunities within the existing curriculum to discuss and work with food: history (year 6 trying wartime recipes), geography (lots of opportunities during Multi-cultural week) RE (healthy pancakes, cultural recipes) science (heating and melting, irreversible change) maths (weighing and measuring) English (following instructions/recipes) PSHE (working together, making healthy choices)

The children do grow their own vegetables in our growing plot and are encouraged to cook the produce to help them understand where their food comes from.

Risk assessment procedures are carried out when staff are cooking with children and using sharp implements, ovens or microwaves. Most Teaching Assistants have a Food Hygiene Certificates.

To be reviewed March 2021