



The Ryleys

Girls & Boys Preparatory School

The Ryleys School Food Policy

Monitoring: Headteacher

Named Person Responsible: Mrs Julia Langford

Reviewed: April 2019

Policy Review Date: April 2020

The Ryleys School Food Policy

Mission Statement

We will provide good quality, affordable, healthy food in school whilst respecting the environment.

Through education, we will equip pupils and their families with ways to maintain healthy eating habits.

Our Goals

The school recognises the important role that healthy food and drink, in a pleasant dining environment, plays in the good health and learning potential of our pupils. The school will therefore make healthy school lunches and dining experience a priority.

Food provided by the school at any time, will also be healthy and nutritious.

Food education will play a fundamental part in our curriculum. Staff will be well equipped to educate our pupils about food.

The whole school community will be consulted and updated on school food issues.

Lunchtimes

A nutritious and tasty meal will be available to pupils and staff at lunchtimes in a pleasant environment.

We will achieve this by:

- providing freshly prepared food, considering the dietary requirements of all pupils and addressing issues of seasonality, animal welfare and sustainable fishing.
- ensuring lunchtime supervisors are well trained and familiar food policies and pupil requirements
- providing food of consistent nutritional quality at lunchtimes which as a minimum meets the current Government's food regulations.
- providing an enjoyable lunchtime experience and environment
- ensuring that younger pupils, and other pupils who may require it, receive extra support in the dining room to allow them to feel confident at lunchtimes
- offering extra support and guidance to families on the benefits of healthy eating if appropriate.

Drinks

We will ensure that pupils are encouraged to drink healthy drinks throughout the school day to maintain optimum hydration.

We will achieve this by:

- providing pupils with access to free, clean and palatable drinking water throughout the day. The consumption of water is encouraged regularly by classroom staff in classrooms (at least once in the morning and once in the afternoon) and by lunchtime supervisors at lunchtimes.
- ensuring that when other drinks are provided by school, they should be fruit or vegetable juices, milk or milk/yoghurt based drinks. Drinks provided by school should not contain added sugars or sweeteners.
- when pupils bring drinks into school we will encourage them to bring similarly healthy drinks.

Breakfast Club and After School Club

Food provided in The Club will be similarly nutritious.

We will achieve this by:

- setting our standards for breakfast and after school as high as at lunchtimes. An ideal school breakfast should consist of one portion of fruit, some form of complex/wholegrain carbohydrate, some dairy produce and be low in sugar and salt.
- pupils will be able to enjoy their breakfast in a pleasant environment seated at a table whilst chatting to their friends.
- pupils will receive a nutritious light meal at 'high tea' after school.

Break Time Snacks

Free, unlimited fruit is available to all pupils. No other snacks are permitted on site.

School Trips

The school catering team will provide a packed lunch which complies with the healthy schools guidance.

Parties

Pupils will be encouraged to realise that fun party food can be healthy too.

We will achieve this by:

- encouraging a wide variety of food to be brought into school through a class rota. This may include cakes and biscuits as well as healthier savoury snacks such as sandwiches and bread sticks and fruit such as strawberries, grapes and sliced apples.
- fizzy drinks will not be permitted.

Learning

A well planned curriculum, including practical sessions, that covers nutrition, food hygiene and ethical food production will be provided.

We will achieve this by:

- helping pupils to understand the importance of a well balanced diet.
- giving pupils the opportunity to plan, prepare and cook healthy, tasty meals where practicable.
- giving pupils the opportunity to learn about the growing and farming of food and its impact on the environment.
- encouraging pupils to eat and cook with vegetables that they have grown at home and/or within school.

Food across the Curriculum

In FS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping and preparing food. . All discussion of food will respect the ethnic background, dietary rules of religious groups and any other social or personal beliefs. Theme days linked to particular events such as Bonfire Night, Valentines, Christmas, Easter and celebrations of Chinese New Year, provide opportunities for our children to taste-test food. All staff will be aware of the potential danger of allergic reactions / food allergies including nuts.

- Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus.
- Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.
- Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.
- RS provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.
- ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.
- Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and tasting. Pupils study packaging for healthy foods.
- The food curriculum is supported by in-reach activities provided by local supermarket chains and out - reach opportunities in local restaurants in the community. PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, eg advertising and sustainable development.

- Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in un-pitched percussion instruments.
- Global Perspectives and topic work provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income and provides insight into changes in diet and food over time.
- Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking, both within the curriculum and during after school clubs.

Happy, Healthy Lunchtimes

Have a seat whilst you're eating at the dining table. Take your time, enjoy your food and eat as much as you can.

Enjoy a chat with your friends but please don't shout.

A knife and fork should be used to eat school dinners and a spoon to eat puddings.

Try to eat one portion of fruit and one portion of vegetables every lunch time to help you to be healthy and to reach your 'five a day'.

Make sure you have a drink every lunch time. Never pour water back in the jugs.

Be kind and polite to everyone. Always say please and thank you when necessary.

Try to keep the hall a nice place to be. Eat carefully to avoid spillages and let the lunchtime ladies know if a spillage does happen. Make sure your tray is cleared away properly and any rubbish goes in the bin or back.

Try to be patient and behave sensibly when you are queuing up.