

## Netherfield Infant School and Nursery

### Food Policy

As with all curriculum policies in force at the school, this policy is a result of input from the school community.

#### **Aim:**

To ensure that all aspects of food and nutrition in school promote the health and well-being of the whole school community.

#### **Rational:**

This policy is written to communicate the school's shared vision, ethos and values as a health-promoting environment which actively supports healthy eating and drinking throughout the school day.

#### **Purposes/Objectives:**

- the importance of eating and drinking healthily is understood by adults and children as having a positive influence on attainment, behaviour and well-being;
- all adults in the school community understand the importance of their involvement and that they have equal responsibility for implementing and monitoring the policy;
- children enjoy their food, are adventurous in trying unfamiliar food and learn to make healthy choices when eating;

#### **Guidelines - how will we ensure objectives will be met?**

- establish a 'Healthy Living Day' in school to promote healthy eating and drinking messages, involving all relevant agencies
- encourage children to use their water bottles throughout the day

- improve dining environment by regular re-decorating
- involve all children and relevant adults in consultations relating to food and nutrition (children through School Council)
- curriculum is monitored to ensure information relating to food and nutrition in different subject areas is consistent and up-to-date;
- children take positive messages home through curriculum work
- advice can be given to parents/carers on providing healthy meals/snacks, either by school or by referring them to outside agencies

### **Monitoring and Evaluation**

- review policy regularly in light of improvements and changes
- include all relevant parties in monitoring and evaluation (including cook supervisor, MDAs and School Council)