

Headington Quarry Foundation Stage School

Food policy

Rationale

As part of the Healthy Schools Programme the school is required to have a whole school food policy. This is important for consistency of approach and the messages we give to children and families about food.

The Healthy Schools Committee consists of a range of people involved with the school:

Kelly Allen: daycare co-ordinator

Sarah Eddie : parent representative,

Jane Woodford : Nursery Nurse

Nell Slocock : school Governor,

Jo Eadle : School Administrator

Lesley Carrington: Headteacher

The cook and lunchtime supervisors are involved in specific sections of the Healthy schools process.

We have children and families from a wide range of cultural and religious backgrounds and we acknowledge and respect the dietary requirements for each child. Dietary requirements are collected on initial admissions forms from which a dietary list is collated for the snack areas, lunch-time supervisors and cook. There is always a vegetarian option at lunch time. All staff are aware of the importance of adhering to diets where children have an allergy such as to nuts/milk etc.

Aims:

- To provide a healthy and well- balanced diet for all children at HQFSS
- To promote consistent messages about healthy food and drink so that children begin to understand the importance of eating a balanced diet
- To develop children 's knowledge and understanding about food sources and to begin to enjoy cooking a wide range of foods
- To support parents and families in providing healthy options

How will we achieve these?

- HQFSS has a daily breakfast club and after school club which parents can use as part of day care. The menu options for breakfast are a variety of healthier cereals and fruit with milk to drink. After-school club offers a range of bread products: toast, sandwiches, pitta breads with spreads such as soft cheese, high fruit content jams, marmalade, marmite. The children have fruit and vegetables as well and have milk or water to drink.
- Our school lunches are cooked freshly on the premises by our own cook who is employed by Food for Thought which is the LA provider for school meals. FfT provide guidance for cooks so that the balance of foods provided is carefully balanced with good proportions of fresh, raw and unprocessed food.
- The Nursery children can only have cooked meals but the Rainbow Class are allowed to bring packed lunches. Children who attend our holiday playschemes also bring packed lunches. We will provide these parents and families with guidance and suggestions about what could be included in lunch-boxes.
- The dining area is set up for family service with children having their own place-mats, sitting at the same tables with the same member of staff. This will support children in becoming independent and confident eaters as they broaden their experience of different foods. The menu is available for parents to see on the school notice boards and on the website.

- There is water available for children during the day at snack tables and children are encouraged to drink regularly. There is always a choice between milk and water and we provide this outside as well.
- Daily fruit and vegetable snacks are provided free and children are not allowed to bring their own snacks into school. Children are encouraged to peel etc and put skins etc into compost bin for our garden compost. Children are asked to wash their hands before snack which helps them to begin to understand the importance of good hygiene when eating
- As part of the EYFS curriculum staff will plan cooking times for all the children. This ranges from making fruit salad, soups, biscuits and bread. This gives good opportunities to talk about food sources, showing children the stages which food goes through and where it comes from as well as being an enjoyable experience. There are cookery cards which provide children with visual support to understand the ingredients and amounts needed. We have plans to make a cookery book with parents as well. Our vegetable garden provides the children with good opportunities to sow seeds and observe the process of growing plants at first hand, therefore encouraging their interest in tasting vegetables and fruit. This will support the achievement of the ELG in Physical Development: 'recognises the importance of keeping healthy and those things which contribute to this.'

Future actions

- Cookery folder with suggested recipes for staff to use in school with a range of healthy options, from a range of cultural sources to reflect the foods children eat at home.
- Recipe ideas and tips for parents for packed lunches and to support parents with ideas at home

Date:

Review:

Signed

