



Ormskirk Church of England Primary School

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Whole School Food and Drink Policy

Ormskirk CE Primary School believe that education about health issues is very important for the development of our pupils both now and for the future. We acknowledge the important link between a healthy diet and the ability to learn effectively. We also recognise that school can play a significant role, as part of the larger community, to promote healthy issues. We can provide a valuable role model and ensure that all aspects of food and drink in school promote the health and wellbeing of children and young people, families, the workforce and visitors. We will encourage children and young people, families and the workforce to make informed choices about healthy eating and through effective leadership, the school ethos and the curriculum, all school staff can create an environment which supports a healthy lifestyle.

Aims

1. To give pupils the information they need to make healthy choices.
2. To promote health awareness.
3. To contribute to the healthy physical development of all members of our school community.

Setting

In the morning, pupils can purchase toast or crumpets from the kitchen each day. Pupils are also allowed to bring in their own fruit or snack items from home to eat at playtime too.

Out Of School Club

This operates on a daily basis in the school for all children from the age of 4 before and after school. The food offered is healthy and is consistent with a healthy diet. They provide toast and drinks in the mornings and fresh fruit and water in the afternoon.

Key Stage 1

All pupils are entitled to free milk which is given out in each class in the morning. During afternoon play time, snacks of fruit or vegetables are also provided for all children, which can be eaten outside on the playground or in the classrooms.

School lunches

All our meals are provided by Lancashire Primary School Meals and these meals also meet the School Foods Standards. These menus aim to help children enjoy healthy balanced meals containing lower fat, protein items and plenty of starchy carbohydrates, accompanied by lots of seasonal vegetables, salad and fruits. There is a hot and cold option, both of which pay regard to nutritional balance and healthy options. There is a daily salad bar which offers a wide choice of cold salad items including pasta, rice or potato salads and bread.

Water

Pupils are encouraged to bring in their own water bottles into school. In KS1, these are filled up when needed during break times, lunch times and during lesson times. Water bottles are kept in the classrooms in lockers or on the tables in the classrooms. These are taken home at the end of the day, cleaned and filled up for the next day. In KS2, water dispenser are also available. These can be accessed by pupils in school and outside at playtimes and lunch times. Pupils are also encouraged to drink water especially after PE, active play or in hot weather.

Food across the Curriculum

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, preparing and cooking food.

Literacy provides children with the opportunity to explore poetry and narrative work using food as a stimulus, eg writing instructions on how to make a fruit salad.

Mathematics can offer the possibility for understanding the weighing and measuring of ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional content and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Pupils experience different foods associated with religious festivals.

Computing can give pupils the opportunity to research food using the internet and other electronic resources.

DT provides the opportunity to learn about where food comes from and apply healthy eating through practical work with food, including preparation and cooking.

PSHE encourages pupils to take responsibility for their own health and well-being and teaches them how to develop a healthy lifestyle.

Geography 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 who rely on growing food as their source of income.

History provides an insight into changes in diet and food over time.

PE provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance, cross country running etc.

After School activities include cookery club where pupils prepare their own food and gardening club where the pupils grow their own vegetables and eat them too!