

## **Food Policy**

At White Court School we are seeking ways to ensure that all aspects of food and nutrition in school, promote the health and well being of pupils and staff.

Opportunities are provided to learn about many aspects of healthy eating through the curriculum, including diet, nutrition, and food preparation. Providing experiences that promote eating as an enjoyable activity, as well as their ability to make informed choices.

As part of the curriculum and extra-curricular activities, children use the school grounds to grow fruit and vegetables, enabling them to understand the lifecycle of plants.

The school manages its own catering for lunches and aims to provide healthy and enjoyable meals; therefore reinforcing the healthy eating messages taught in the curriculum. Our Governing body monitors the provision and cost of the catering in our school.

A two week menu is offered, with a daily choice between meat-based and vegetarian option, served with potatoes and vegetables. This menu, devised by the Catering Manager, is sent home to parents, is included on the school web site and displayed in school for the children. On occasions, the pupils are involved in offering suggestions for items to be included in the menu or there are themed menus. Products used are low in fat and have reduced sugar and salt. Salt is not added to any home produced meals. The colourful salad bar is available each day, promoting the 5-a-Day initiative. During the Open Evening, our Catering Staff offer parents the opportunity to try some of the items from the menu.

The dining room environment is friendly and inviting, it encourages children to be independent and helps them to make informed food choices complementing the healthy eating messages displayed. Social interaction is developed with a mix of different aged children sitting together as well as children with packed lunches eating alongside those eating school lunch.

Our school promotes the importance of drinking water, to both avoid dehydration and to increase concentration. Children have access to drinking water throughout the day but are also encouraged to bring water bottles into school.

As a whole school we participate in national events and initiatives e.g. National Healthy Schools Standard. Key Stage 1 participate in The National School Fruit and Vegetable Scheme and Key Stage 2 are encouraged to bring fresh fruit into school for a mid morning energy snack.