



NORTON JUXTA KEMPSEY C.E. PRIMARY SCHOOL

“Together with love and joy of God, we will discover, develop and maximise our unique potential.”

FOOD AND NUTRITION POLICY

Signed by:	
Head Teacher	Julia Dean
Chair of Governors	Daisie Barnett
Date Reviewed	January 2024
Date of next Review	January 2027
Date Approved by GB	25 January 2024

AMENDMENT HISTORY

Date	Issue	Status	Reason for Amendment	Person Responsible

FOOD AND NUTRITION POLICY

*The Father has loved us so much! He loved us so much that we are called children of God.
And we really are his children. – 1 John 3:1 – ICB*

The value of love is at the heart of both the Christian faith and our vision here at NJK.

God's love for all people inspires us to give love in abundance.

We value and care for ourselves, others and the world around us as God's creation, demonstrating our values of friendship, compassion, forgiveness and respect.

We believe this is of the highest importance to enable pupils to explore their differences with tolerance and mutual respect.

Our school vision is integral to everything we do at NJK.

We want to discover and maximise each child's unique potential.

We aim to deliver a joyful and inspiring curriculum and school experience where every child feels loved, valued and cherished.

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Aims:

- To make explicit the values and guidelines that underpin every aspect of food culture in NJK Primary School
- To ensure that our children receive consistent and coherent messages about food and its role in their long-term health.
- To outline our future plans and goals with regards to food culture in our school.
- To ensure that the school meets the outcomes of the Every Child Matters legislation.

Values:

- We believe that every adult at NJK Primary School can play a part in making sure that the children develop positive attitudes to food make informed choices and enjoy eating healthily.
- We want the children to understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.
- We want the children to apply their knowledge about food and make healthy choices both in and out of school.
- We want the children to enjoy cooking.
- We believe that food has a role in developing young people's social skills.

Water in the school:

- Children have access to free and fresh water throughout the school day.
- Children are encouraged to bring their own water bottles into their classrooms and are allowed to drink water whenever they feel thirsty.

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- Children have access to free and fresh water on school trips.
- We prefer a child to drink water rather than squash but appreciate hydration is more important if a child doesn't drink water.

FOOD THROUGHOUT THE DAY

Before and After School:

- We discourage parents from providing children with sweets, chocolates and fizzy drinks before school.

Breakfast:

- We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels without breakfast.

Break Time:

- Children in Key Stage One benefit from the National School Fruit Scheme – this entitles them to one free piece of fruit or vegetable a day.
- Children in Key Stage Two bring in a Healthy Snack to school – either fruit or raw vegetables.

Lunch Time – hot lunch in the dinner hall:

- We aim to provide our children with a good quality, healthy food and we actively promote healthy choices.
- We recognise the importance of eating a hot lunch and hope that more children who take packed lunch will choose to switch to a hot lunch.
- The menu is sent out to families in advance for selections to be made.
- We listen to the children's opinions on the menu and feedback to the provider so they can adapt the menu accordingly.
- Innovate, our caterers comply to Food Nutrition Standards.

Lunch Time – packed lunch

- Children who eat packed lunches currently sit in a designated Classroom supervised by a Lunchtime Supervisor.
- We encourage healthy choices and this is discussed with new parents at their induction meetings.
- Lunchtime Staff monitor the children's packed lunches and report back if a child regularly has an unhealthy selection of food.
- We aim to reach a stage where children have less chocolate, crisps or sugary drinks in their packed lunches.

Food in the Curriculum:

- We take opportunities within the existing curriculum and PHSE to discuss and work with food.
- We recognise that food has great potential for cross-curriculum work.
- Staff receive training to make sure they are confident when working with food in their class.
- Formal food education is delivered via the Design and Technology and Science Curriculum – see whole school overview.

Events:

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- We try to participate in as many food-related events as possible as long as they consolidate the aims outlined in this policy. Our Healthy Week includes information on Healthy Eating.

Monitoring and evaluation:

- The policy will be reviewed every 3 years.
- Teachers, Governors, Lunchtime Supervisors and children will be involved in the review process.
- On occasions, meals will be provided to staff to enable them to monitor the quality of the food.