

Bledlow Ridge School



Severe Weather Policy

Date agreed: March 2021

Review date: March 2023

Rationale

Food has a significant role to play in determining health and well-being and reflecting the school's ethos and individual values. As a school, it is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. A whole school Food Policy ensures that we give all our pupils consistent messages about all aspects of food and health, helping them to make informed choices.

Aims

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all pupils

Identified areas for enforcing the Food Policy:

1) Food across the Curriculum

Food Technology, as part of Design and Technology, provides pupils with the opportunity to learn about balanced diets, hygiene and nutritional, healthy eating. Pupils learn through practical work, including planning, preparation and cooking.

Other subject areas may provide the opportunity to explore the deals of healthy living and eating. For example:

Literacy provides pupils with the forum to discuss and explore poetry, persuasive and argumentative texts, and narrative works that use food or food-related issues as a stimulus, e.g. writing to persuade against the use of GM products in children's food and drink. Maths offers the possibility of understanding nutrition labelling, calculating quantities for recipes, weights and measurements. Science provides the opportunity to learn about the different types of foods available, their nutritional composition, digestion and the function of different nutrients in contributing to health. How the body responds to exercise is also included in the science curriculum.

PHSE encourages pupils to take responsibility for their own health and well-being. It aims to give pupils the knowledge, skills and understanding from which they can make informed choices with regard to their present and future lifestyle. Pupils are able to discuss issues of interest to young people such as food advertising. As part of its PHSE curriculum, the school follows the guidelines set out in the Health Education Authority's Primary School Project: 'Health for Life'.

Geography teaches about the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world. History provides an insight into consequences of changes in lifestyle and diet over time. ICT affords pupils the opportunity to research food issues using the internet. Pupils can design packaging and adverts to promote healthy food choices, or do data handling on packed lunches etc. RE incorporates learning about the role food plays in the major religions of the world. Children can experience different foods associated with religious festivals.

P.E. and extra-curricular sports clubs provide pupils with the opportunity to develop healthily and physically. They are taught about the positive impact of exercise.

2) School Lunches

Bledlow Ridge School does not have a canteen and all pupils have packed lunches, which they eat in the school hall. Allocated time is given to go to the toilet and wash hands before collecting lunchboxes. The above curriculum areas inform and encourage healthy choices for lunchboxes. Fizzy drinks, nuts and sweets are not allowed (although chocolate-covered bars and cakes are permitted). Pupils are closely supervised and consistently reminded not to share the contents of their lunch boxes, mindful of the pupils who have food allergies. Individual pupil's medical conditions are listed on their pupil enrolment form and members of staff are kept updated by the Headteacher.

The school actively encourages the uptake of free school meals by annually sending out reminders to all families to check their eligibility. In Key Stage 1 Universal Free School Meals are provided by Innovate, giving a balanced nutritional input across the week. These meals are also available for Key Stage 2. Adequate time and space is given for pupils to eat their lunch by having two sittings of 25 minutes each.

3) Water

Servicing approximately 170 pupils, the school has 2 water fountains, placed both inside and outside the building. No water fountains are located within toilet blocks. Regular drinking of cold water is encouraged by all. Pupils are also encouraged to bring in bottles of water, which can be refilled and allowed to drink water in lessons.

4) Break

Only milk, water or healthy snacks are allowed to be eaten at break time. Free milk is given to all four year old pupils and milk is available to buy for all other pupils. Staff distribute the milk. The school subscribes to the School Fruit and Vegetable Scheme and as a result fresh fruit and vegetables are made freely available to all pupils in FS and KS1. They are actively encouraged to partake of the quality fruit and vegetables available.

5) Partnership with Parents and Carers

The partnership between home and school is crucial in shaping the habits of children, particularly where health is concerned. Each must reinforce the other for a successful outcome. Parents and carers are kept updated on school food policy, through the Headteacher's regular newsletter. During special school events, e.g. school discos and the Christmas Fair, the school will encourage parents to consider the Food Policy in the range of refreshments on offer for sale to the children. Special treats will not be discouraged in the context of a special occasion.

6) Monitoring and Review

The Governors' Curriculum and Pupil Issues Committee is responsible for monitoring PHSE. The Headteacher and the PHSE subject leader are responsible for supporting colleagues in the delivery of the Food policy. Subject leaders are responsible for the curriculum development of the Food Policy. This policy will be reviewed annually, to take account of new developments.