

BISHOP WOOD SCHOOL
WHOLE SCHOOL FOOD POLICY



Aim: To ensure that the school community understands the importance of healthy eating by promoting a consistent approach throughout the school.

Objectives: What do we want to achieve?

1. To create a healthy tuck shop on a regular basis
2. To promote the importance of drinking water during the school day, especially after playtimes and PE, and to ensure that the children's access to water is not restricted.
3. To make sure that the children are in a nut free environment.
4. To ensure as far as possible that playtime snacks are healthy
5. To encourage healthy lunch boxes.
6. To educate the children about a balanced diet during Science lessons and Fun Fit and Fruity week

Guidelines: How are we going to meet our objectives?

1. Set up a Golden Time cookery group who will make healthy fruit and cereal based cakes and breads to sell in a tuck shop
2. Encourage children to drink at certain times of the day including first thing, after playtimes and PE lessons
3. Make sure that lunch boxes, snacks and ingredients for cooking are nut free.
4. Communicate in the newsletter each term about policy for fruit, vegetables, savoury sandwich or cereal bar only to be eaten as playtime snack.
5. Educate the children about what could go in a healthy lunchbox so that it is a balanced meal.
- 6.

Monitoring and Evaluation: How do we know that our objectives are being met?

1. The Healthy Tuck Shop is established and runs on a regular basis.
2. Water is drunk more often through the school day.
3. Cooking recipes are monitored.
4. Staff on playground duty monitor the snacks that children bring, and give verbal reminders
5. Monitor the contents of lunchboxes

Notes:

Bishop Wood School has been awarded Healthy Schools Standard