

# WALTHAMSTOW MONTESSORI SCHOOL

## Whole School Food Policy

At WMS, we recognise the importance of ensuring that every child has access to a healthy and well-balanced diet, supporting them in leading a healthy lifestyle. We also recognise the link between a healthy diet and children's ability to learn.

We comply fully with all necessary food hygiene regulations for preparing, storing and serving food on the premises. We are inspected by the food hygiene agency and awarded a star rating. We were last inspected in February 2019. Some of our staff hold a Chartered Institute of Environmental Health Food Handling qualification.

The Healthy Eating Lead in school is Lidija Karantilovszka.

### Aim

To provide a whole school approach to food and healthy eating and to improve the health and well-being of children and the whole school community.

### Objectives

- To support pupils to make healthy food choices in order to establish healthy eating habits during their primary school years.
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.

### Breakfast Club and After School Club and Snacks

We are committed to the provision of a wide range of well balanced and healthy foods. We ensure all food is compliant with the School Food Standards and this is monitored regularly. All food is sourced from Sainsbury's Supermarket.

### Drinks

The school does not allow fizzy drinks or fruit squashes. Children have access to fresh water at all times and are encouraged to drink plenty of water throughout the day.

### Packed Lunches

We encourage parents to provide healthy packed lunches for their children and give guidance in the joining information that parents/carers are given before their children start at WMS (Form D, Form E, Form J, Form M).

Unhealthy snacks such as sweets and chocolate are not permitted. Nuts and nut products are also not permitted. All wastage will be sent home to help parents monitor their child's eating.

## **Dining Environment**

School lunches are eaten in the classrooms once morning activities have been cleared away. Lunchtime starts at Approximately 12:30.

Teachers encourage pupils to show good manners. Pupils are expected to use quiet, polite voices while sitting down to ensure a pleasant atmosphere in which to eat and socialise.

## **Cultural and Special Diets**

The school tries to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural requirements wherever possible. Parents/carers are asked to provide details of food allergies or medical diets to ensure the safety of pupils (Form D and Form G).

## **Special Occasions, Rewards and School Events**

Our standards of healthy eating are reflected in all aspects of the usual school day. When tangible rewards are given to pupils in school these are not food based. On special events and celebrations, we aim to provide healthy food choices and limit less healthy options.

We understand and recognise the importance of celebrating birthdays in school. Each child takes part in a Birthday Walk celebration. Guidance for parents/carers is available on the school website and we ask that 'sweet' treats are saved for the child's special celebration at home.

## **Food Education and the Curriculum**

Our school delivers healthy eating food education within the science and PSHE curriculum to all pupils and we review this annually.

## **Cooking in the Curriculum**

Our school is working towards meeting the statutory requirements for all pupils to learn cooking skills as part of the design and technology curriculum. Each year pupils will receive some basic cookery skills lessons.

## **Growing and Sustainability**

At WMS we encourage all children to grow some food items. Occasionally we have an allotment for further extend this. We also have trips to visit city farms.

## **Action Planning**

Our policy will be reviewed each year by the senior leadership team and the Healthy Eating Lead. We have a school food action plan in place that helps us plan, prepare and improve our food provision and culture each year.

This policy was adopted on dated: 12th March 2019

Signed (Principal):

---

Signed (Senior member of school staff):

---

Signed (Parent Representative):

---

Date of Signage: 1<sup>st</sup> June 2020

Date to be reviewed: 1<sup>st</sup> June 2022