



## Simon Marks Jewish Primary School

### Food and Healthy Eating Policy- 2018

#### **Introduction**

Simon Marks Jewish Primary School is a kosher school. We follow the laws of Kashrut, according to the London Beth Din.

We are also a health promoting school. We are committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy life style is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

We know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other. We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

#### Aims and Objectives

- To teach pupils about the laws of Kashrut and eating kosher food.
- To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

## **Curriculum**

We regard healthy eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. Healthy eating education forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through the Science, D.T. and PSHE curriculum. Our Jewish Studies curriculum will teach about the rules of Kashrut and apply them in cooking and baking activities. All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum.

## **School Meals**

-The hot meals service is offered through Cater Link. Cater link provides a meaty kosher menu. No dairy products are allowed in the kitchen. We work closely with the school cook, School Council and with Cater Link to ensure that school dinners are healthy and reflect the children's taste where possible.

-Each day a choice of salads and fresh fruit are offered as possible choices. There are strict guide lines determining the meals that are available through the course of the week and these are in accordance with the Healthy Food Standards in Schools.

-The weekly school lunch menu is displayed in the school hall.

- A member of the Senior Leadership Team monitors the quality of the meals on a regular basis

## **Management of Eating**

- Pupils in Early Years and KS1 will benefit from the free Fruit and Vegetables Scheme. These pupils will be encouraged to eat their piece of fruit as part of their daily break time.

-All children in early years receive milk every day.

-No child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to 'try a little more' if they can to ensure that they are not hungry later on in the day. If we are concerned about how much a child is eating/not eating we will inform and work with parents to resolve issues.

- All children are encouraged to bring in a water bottle so they can have access to water throughout the day. Water fountains are also provided in the school for additional access to drinking water.

-Chocolate, sweets, crisps, and cakes are actively discouraged as everyday snacks. Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school.

- We do not allow pupils to bring in any food or snacks to be eaten in school; this is so we limit the risk of non-kosher foods coming into school. We also have a duty to ensure products containing any nuts are not on premises in line with Hackney's food policies. The parents of pupils who are collected from school by carers may want their children to have an afternoon snack at an afterschool location. In these instances we would like families to abide by the rules of Kashrut, ensure snacks are sealed and kept with the teacher until the end of the school day.

-The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information will be displayed in the school kitchen.

Revised March 2018- to be reviewed March 2020