

# Healthy eating policy

Bawdsey CEVC Primary School



Approved by: Governing Body

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## **Bawdsey CEVC Primary School Food Policy**

Proper nutrition is essential for good health and effective learning.

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### **1. Aims and Responsibilities**

- Provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety.
- Provide a 'whole school, whole day' approach to nutrition that makes the 'healthier choices, easier choices'. This encompasses all food served in school, including that served at Breakfast Club.
- Work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs.
- Work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- Involve pupils and parents/ carers in decision making.
- Provide safe, easily accessible water during the school day.
- Monitor healthy eating choices, including packed lunches.
- Use a range of opportunities to promote healthy eating.

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices:

- Senior Members of staff lead on the development and monitoring of Health Education and its implementation and liaise with the lunchtime meals supervisor, cook, kitchen staff and food contractor.
- The subject leaders of PSHE, PE and DT are jointly responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident through our PSHE, PE and DT planning.
- The lead governor on health and safety ensures the policy is implemented.
- Caterers (Vertas) and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.
- Parents receive the catering menu for the term and this is shared with the children in advance.

This school policy takes account of national guidance produced by the School Food Plan, Change4life and Onelife Suffolk.

## **2. Food in the curriculum**

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE and PE and enrichment. We ensure that pupils are taught cooking from Reception up to Year 6, in line with the new national curriculum, developing their understanding in food related issues including food hygiene and safety issues. All food preparation is healthy.

This policy will contribute towards other policies in the following ways:

- Behaviour: Children who eat healthily are more focussed on their work and behaviour is better.
- PSHE: Healthy food and choices and practical food education is included in the curriculum.
- Science: Healthy eating and nutrition is part of the science curriculum
- Equality: We take account of the needs of all our children, including those with disabilities and allergies
- Curriculum assessment: Children's learning about healthy eating is assessed in line with the school's assessment policy through science, PSHE and enrichment.

## **3. School lunches**

All our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standards. A copy of the weekly menu is on display on the EATs website and is sent home, via email, termly. The menu is also available via the School Office if required. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, we encourage all parents to take free school meals, where there is an entitlement.

### **Free School Meals**

The school recognises the particular value of school meals to children from low income families. The system for free school meals is actively promoted to parents/ carers of children in Key Stage 2 and a non-discriminatory process is emphasised. Children in Reception and Key Stage 1 are encouraged to take up the offer of Universal Infant Free School Meals. This includes the provision of a free packed lunch during school trips. School meals are promoted during the New Intake Parents/ Carers meeting.

### **Food Safety**

Appropriate food safety precautions are taken when food is prepared and stored. These vary according to the food on offer and include: ensuring that adequate storage and washing facilities are available, that food handlers undergo appropriate food hygiene training, and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled.

## **Special diets and allergies**

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons, pupils are also not permitted to swap food items. Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers and all school staff are made aware of any food allergies/food intolerance. All allergy information is prominently displayed in the school kitchen. Parents/ Carers are informed that pupils should not bring nuts or peanut butter products in their packed lunches.

## **Vegetarians and Vegans**

A vegetarian and vegan option is offered for lunch every day. Vegetarians/Vegans are catered for at Breakfast and After School Club.

## **4. Packed Lunches**

Aim: This applies to all pupils and parents/ carers providing packed lunches to be consumed within school or on school trips during school hours. To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools which is in line with The School Food Standards.

Healthy packed lunches are encouraged and should limit items like:

- Snacks such as crisps.
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- Meat products such as sausage rolls, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week).
- Fizzy or sugary drinks.

These expectations are monitored by lunchtime staff, who communicate with parents/ carers when necessary. In cases of repeated concerns, these are communicated and logged through the school's safeguarding procedures

## **Water for all**

During school, children are asked to drink water or school provided milk only. If children bring in a sugary drink, they will be asked to take it home and we talk to parents and carers and remind them of the food policy. We have water fountains in the playgrounds and children are encouraged to drink water regularly throughout the day and have water bottles in class. Classes have cups for the children to provide them with water in the event they forget their bottles.

## **Monitoring packed lunches**

To promote healthy eating, we will regularly monitor the content of packed lunches. We will train pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy.

## **5. Snacks**

All children in all classes receive a morning break time snack of fruit or vegetables. Milk is provided free for under-fives and is available. As part of promoting healthy eating children are encouraged to eat the fruit and vegetables.

Only healthy snacks are allowed at break time. Fizzy drinks, sweets, crisps and chocolate biscuits are not allowed in school or on school trips. When participating in school-organised swimming lessons, children are permitted to bring a snack to eat whilst off-site. As with other snacks, this should be fruit or vegetables. Fizzy drinks, sweets, crisps and chocolate are not permitted.

## **6. Breakfast club Aim**

- To provide food for children of families that have an early start to their day
- To improve pupils' education: if a child misses out on breakfast they may suffer from tiredness, a lack of concentration, poor behaviour or learning issues by mid- morning.
- To meet the social needs of children and improving social skills in a relaxed environment and with children of varying ages
- To improve the punctuality of some children who were frequently late
- To improve links between parents and school and children and class teachers.

The club offers a calm, clean, pleasant environment for children to eat a healthy breakfast and to socialise with other children and adults.

['The Eatwell Guide' is a good source of advice for families.](#) (Food Standards Agency, 2020).

## **7. Partnership with parents and carers**

We inform and involve parents and carers about healthy eating through the school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned.

Parents and carers are updated on our policies through school newsletters and on the school website. We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water or school provided milk is to be consumed during the school day. We also promote ['The Eatwell Guide'](#) from the Food Standards Agency 2020.

During out of school events such as trips and swimming lessons the school will encourage parents and carers to consider the food policy and packed lunches in the range of food and drinks offered. Parents/ carers are also informed of the school meals on offer through the weekly menu which is sent out to each family.

## **8. Disseminating the policy**

Key information from this policy will be incorporated into the following documents:

- Welcome booklet to new families
- School website

A full copy of this policy is freely available to parents/ carers on request. Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in its delivery.