

# Food Policy

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Notes	



## Brookside Primary School

Championing Children's Potential

## **Introduction**

Brookside Primary school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school policy approach to food and nutrition documented in this whole school food policy.

The policy was formulated through consultation between members of staff, governors, parents (feedback from draft policy) and pupils (school council and through healthy eating workshops) and our school nurse.

The nutritional principles of this policy are based on current evidence based findings and the 'eat well plate' (formally the Balance of Good Health – BOGH) is the agreed model for ensuring a healthy balanced diet.

Brookside Primary School has achieved Enhanced Healthy School status and will continue to work towards maintaining this.

## **Food Policy Co-ordinator**

This school food policy and healthy eating strategy is co-ordinated by the SLT and written by the Healthy Schools Co-ordinator.

## **Food Policy Aims**

Government policy requires schools to work towards the five outcomes of -“Every Child Matters”, one of which is “being healthy”.

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision information and development of appropriate skills and attitudes.
2. To provide healthy food choices throughout the school day.
3. To ensure that all aspects of food and drink in school promote the health and well being of our pupils, staff and visitors to our school.

These aims will be addressed through the following areas:

### **1. Equal Opportunities**

In healthy eating, as in all other areas of the curriculum we recognise the values of the individual and strive to provide equal access of opportunity for all.

### **2. Curriculum**

Food and nutrition is taught at an appropriate level throughout each key stage. In Reception, KS1 and KS2, there are regular opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as

preparing and cooking food. The pupils are also taught about nutrition and how to make healthy choices about food. This is explored through specific units of work and linked objectives.

Examples include:

- The components of a healthy diet
- The importance of healthy eating both now and in the future
- Designing a healthy menu for school/at home lunch/breakfast/evening meal
- Growing vegetables including potatoes, peas etc. in raised beds
- Extra curriculum activities, including: Let's get Cooking after school cookery club

This is addressed through:

**Teaching Methods** – Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers' planning meetings.

**Visitors in the classroom** - This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school has a separate visitors' policy which this links to.

**Resources** - Resources used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum. These reflect the 'eat well plate' where appropriate. Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. Books are available for pupils in the library.

**Evaluation of pupils' learning** - The healthy eating aspects of the National Curriculum are assessed through science. The school records end of year assessments for science to monitor progress. Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

### **3. Food and Drink Provision throughout the School Day**

Food and nutrient based Standards exist covering all aspects of school food. Full details and the documents and guidance relating to this are available from the School Food Trust [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

**National Nutritional Standards for School Lunches** - National Nutritional Standards for school Lunches became compulsory in April 2001. The Government announced new standards for school food in 2008 and are constantly reviewed. Standards refer to school lunches and food consumed other than school lunches.

Food prepared by the school catering team meets the National Nutritional standards for school lunches. To promote school lunches, taster sessions for parents are available during Parents' Evenings. School lunch menus are constantly reviewed and menus are sent home to parents showing the 3 week rotation of meals.

**Breakfast Club/Tuck Shop** - Currently we do not run a tuck shop, or breakfast club, but if we decide to do so in the future, the Food Policy will be applied to all items.

**Snacking** - The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. The school actively discourages the consumption of snacks high in fat and sugar at break-time.

We encourage a fruit only policy for break time snacks as this positively enhances the free fruit in key stage 1. Children in Key Stage Two understand that they must only bring healthy snacks into school, and this is monitored by staff. The school enforces a strict no nut policy due to pupils' allergies. Fruit is provided free of charge for children in Reception and Key Stage One at playtime. We participate in the National Fruit Scheme and below is a guide of fruit consumption. All fruit waste (e.g. apple cores, banana peel) is placed in a bucket which will then be composted.

### **Days for Fruit Consumption (as a guide)**

Mondays - Apples • Tuesdays - Citrus • Wednesdays Tomatoes/Prep/Apples • Thursdays Bananas • Fridays - Tomatoes/Sugar Snap/Apples/Carrots

Milk is provided free for children who are five or under, and then is available to buy through the Milk Scheme for children over five years of age. Healthy Eating classes may be available for parents and facilitated by our Home School liaison officer as and when the need arises.

**Use of food as a reward** - The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school. The pupils are rewarded with verbal praise, stickers, stars and certificates.

**Drinking Water** - The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge. The school agrees with this recommendation and provides a free supply of drinking water. Drinking water is available to all children during school hours. Water fountains are located close to each working area for the children in the main school and on the playground. In the Personal Learning Base and Reception, water jugs and cups are available for the children to use.

**After School Club** – The food and drink provision at the after school club will be in line with the overall whole school food policy and comply with standards for all school food other than lunches.

**Packed Lunches** - The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the 'eat well plate'. Leaflets on how to pack a healthy lunch and examples are given during taster sessions, run on Parents evenings. Foods containing high amounts of fat, sugar or salt are discouraged by consulting with parents. There is a strict no nut policy in school and this includes peanut butter. Jam is also discouraged. Food 'swapping' or sharing is not permitted and food not consumed will be sent home.

**School Lunch** - Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. Free school meals are provided to all those pupils who are entitled to them and will advise on the process for obtaining a free meal.

For the purposes of the regulations, foods are split into five groups and the regulations stipulate how many times a week various foods should be available. The only exception to this is those foods in group E which do not have to be made available at all. The five groups are:

- A, Fruit and vegetables (these can be fresh, canned, dried, frozen or as juice).
- B. Starchy foods (e.g. bread, rice, pasta, noodles, chapattis, potatoes)
- C. Meat, fish and other non-dairy sources of protein (meat and fish include meat and fish products; alternatives include eggs, nuts, and pulses)
- D. Milk and dairy foods (including milk, cheese, yoghurt, custard).
- E. Foods containing fat and foods containing sugar (e.g. fat spreads, salad dressings, cream, savoury snacks, biscuits, cakes, pastries, puddings, confectionery, fizzy drinks).

To operate on school premises, mobile caterers would have to demonstrate that staff have undergone appropriate food hygiene training; that their facilities meet appropriate food safety requirements; and that they provide foods and dishes with ingredients that comply with current standards and are in line with the proportions depicted in the 'eat well plate'.

The school and its caterer will introduce school meal themes days such as:

- Harvest
- Bonfire night
- Christmas Dinner
- Royal Wedding

## **4. Special Dietary Requirements**

**Special Diets – Religious and Ethnic Groups** – The school provides food in accordance with pupils' religious beliefs and cultural practices when possible.

**Vegetarians and Vegans** – School caterers offer a vegetarian option at lunch everyday. When necessary the catering service may be able to provide a vegan option.

**Special Diets – Medical** - Individual care plans are created for pupils with special dietary needs/requirements. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements e.g. for high-energy diets. School caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

## **5. Food Safety**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on 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.

## **6. The Food and Eating Environment**

The school-eating environment is continually monitored to ensure its ongoing effectiveness.

Lunch time supervisors help to ensure a safe, enjoyable experience at lunchtime and encourage healthy eating.

## **7. Leading by example and staff training**

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

## **8. Food related Action Plans**

As a school we are aware that we need to ensure healthy and nutritious food is available across the school day. The healthy eating criteria has been fulfilled for us to gain healthy school status and we are now continuing this to gain Enhanced status. [www.healthyschools.gov.uk](http://www.healthyschools.gov.uk)

## **9. Monitoring and Evaluation**

Parents/Carers are given the opportunity to read the whole school food policy and are encouraged to comment on any issues. The feedback is taken into consideration and the policy is reviewed and re-evaluated by the Healthy Schools co-ordinator and Governors .

## **10. Review**

This policy will be subject to review every 3 year