

Barlborough Primary School
Whole School Food Policy - Reviewed February 2019

Why do we have a food policy?

- To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to our school.
- To make it clear that this school actively supports healthy eating throughout the school day because there is an important connection between a balanced diet and a child's ability to learn effectively.
- To ensure the school plays its part in the larger community by helping to promote family health and sustainable food and farming practices.

What do we want to achieve?

- To ensure 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 the provision and consumption of food is an enjoyable and safe experience.
- To ensure that the whole school community understands that a balanced diet is recommended.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, 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.

How our Food Policy is implemented

1. School Ethos
2. Curriculum
3. Birthday/Holiday Gift Food
4. Water
5. Break time
6. Lunchtime
7. Staff and Visitors
8. School Visits and Events
9. Community Involvement
10. Enforcement

1. School Ethos

The importance of a balanced diet is consistently communicated throughout the school day including trips and events. Staff are also encouraged to participate and model healthy eating as a valuable part of daily life. It will be made clear that the emphasis placed on a balanced diet is to enable safe and effective learning as well as providing a foundation for good health.

2. Curriculum

PSHCE, Geography, Science, Food Technology, RE and Languages may all contribute to the curriculum delivery of food education based on the principles laid out in *What do we want to achieve?*

Curriculum delivery will involve practical food experience delivered by properly trained staff and will be adequately resourced.

It may be appropriate for a wide variety of foods to be prepared and consumed within the curriculum or at a celebration. At such times food hygiene principles are followed. It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds. The context of a balanced diet makes this entirely appropriate provided everyone's dietary needs are met. An attempt will be made to avoid foods containing high levels of fat, sugar and salt.

Unhealthy foods will not be used as rewards.

3. Birthday/Holiday Gift Food

If children wish to bring birthday treats they will be given out at the end of the day.

Children are encouraged to bring back a postcard or souvenir from their holiday. We will not give out holiday rock or sweets?

4. Water

All pupils and staff have water freely available at all times and are able to refill cups or bottles easily.

5. Break time

At break times our pupils are only allowed to consume fruit or dried fruit. Cereal bars, cheese strings, fruit juices and flavoured water are not allowed due to their high sugar, fat or acid content. This is to ensure that pupils return to the classroom prepared and refreshed for learning. Nuts are not allowed to make it safe for pupils with a nut allergy. What about pupils with SEN or medical needs?

6. Lunch time

School lunches meet the national guidance. All pupils have a choice to enable them to eat healthily. Meeting the government's food based standards means:

- More fruit and vegetables (at least 2 servings)
- More, oily fish (at least once every 3 weeks)
- Bread available at lunch every day
- Free fresh drinking water should be available at all times (also available for packed lunch eaters)
- Healthier drinks (restrictions apply)
- No confectionary
- No savoury snacks
- No salt and condiments restricted
- No more than 2 deep fried foods in 1 week
- Manufactured meat products restricted (must meet minimum meat content)

Pupils are encouraged to taste and eat new foods. They will be encouraged to make choices so that they have a balanced meal, including a drink.

Staff time and seating arrangements are sympathetic to a positive social eating environment for those buying lunches and eating a packed meal.

Packed lunches are supervised and the curriculum encourages healthy sandwiches as part of a balanced meal. Appropriate storage arrangements are made. Parents and pupils are encouraged to bring insulated bags or boxes with mini freezer bags inside. A frozen drink also keeps the lunch cold.

Packed Lunches - guidance has been given to parents regarding the content of a child's packed lunch which follows the school's packed lunch policy). Suggestions for food to be included are:

- **At least** one portion of fruit or vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus,) every day (usually as part of a sandwich, roll or salad).
- Oily fish, such as pilchards, salmon or tuna occasionally.
- A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard. (This does not include Dairy Lea Lunchables or similar products).
- A drink: water is best.
- Pretzels, fruit, crackers and cheese, and vegetable or bread sticks with a dip.

Food that should not be included in a healthy packed lunch, or only included in moderation

- Snacks such as crisps
- Chocolate coated biscuits or wafers.
- Cakes

- Meat and pastry products such as sausage rolls or pies.

Food that should NEVER be included in a packed lunch

- **PLEASE NOTE** - Due to having children with severe allergies in school, we would ask that you **DO NOT** send any products that **DO, OR MAY** contain nuts, nut products or seeds. Although they can be very healthy, they could be a danger to other children with allergies.
- Soup or other hot foods/liquids are not allowed in school.
- Confectionery such as chocolate bars. Sweets and chocolate are not allowed at lunch or any other time.
- Fizzy drinks as these are mostly very unhealthy and are likely to make a mess and spoil food.

Special diets and allergies:

The school is aware of food allergies, has a procedure in place to manage food allergies and other special dietary requirements within school.

Visit www.anaphylaxis.org.uk/schools/help-for-schools for information on managing allergies in schools.

The school does recognise that some pupils may have verified medical conditions requiring special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.

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7. Staff and Visitors

Staff will be encouraged to model the food policy. Visitors will be offered refreshments, with a choice that contains a healthy option.

8. School Visits and Events

Food served at events and offered on trips will be consistent with the school policy. Guidance on packed meals will be given encouraging a healthy balanced choice.

9. Community Involvement

At all stages the wider community will be involved in developing and implementing this policy. This will ensure that work is sustainable and that best practice is communicated. Parents' opinions about school matters are regularly sought in questionnaires and the school council have been instigators in changing several lunchtime practices.

10.Enforcement

Our main strategy for enforcement is to educate our families. We give practical healthy lunchbox advice in school. The school council explains healthy choices in school assemblies.

At our annual meeting for new parents our healthy snacks and food policy is explained to parents. Children usually report breaches of the school healthy snacks policy to teachers. They will stop the child from eating the snack and will have a word with the child's parent to explain our policy. The Head Teacher will deal with continued non-adherence to the policy.

Equal Opportunities

Provision is allowed for special diets e.g. medical, cultural, vegetarian and for appropriate serving.

Free packed and cooked lunch provision will be handled sensitively.

Personnel

The Head is responsible for food in school.

Monitoring and Evaluation

The Head will monitor the effectiveness of this policy ensuring that training and resourcing are appropriate and up to date.

Policy Development and Review

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff including Governors, school community nurse and local Healthy School Standards representative.

This document is freely available to the entire school community.

This policy will be reviewed by K Towndrow-Birds.

Policy Links

PSHCE

Science

Design and Technology

Packed Lunch

RE

Languages

Physical Activity

Behaviour