



Bridgelea Primary School Food and Drink Policy

1. Introduction

Good health is vital and healthy eating, being one of many contributors to this, can influence physical, mental and social well-being. At Bridgelea Primary School, the staff are dedicated to helping parents and children understand the role of healthy eating in achieving good health. We also recognise that healthy eating does not mean having no treats, but means having them at appropriate times and as part of a balanced and nutritious diet. We are aware that obesity remains a major issue amongst school children, with around 1 in 3 Year 6 children being measured as either overweight or obese in the 2016/2017 year. We also understand that the nutrition of children and young people can influence their wellbeing, growth and development. We believe the school can play an important role in improving the diets of children and young people and have therefore developed this whole school food and drink policy, to support our achievement of this. Proper nutrition is essential for good health and effective learning.

2. Definition

It is important that healthy eating messages are consistent throughout the school day and therefore a whole school approach has been adopted. The children, parents/carers and their families are aware of the healthy eating ethos of the school as it is consistently reflected through the following:

- Formal curriculum e.g. cooking and nutrition, design and technology, science and PSHE.
- Participation in local and national events and initiatives, for example, national Healthy Eating Week.
- Provision of food and drink at school, e.g. breakfast offer, break-time snacks, school lunch, nurture time, drinking water/milk, snacks, use of food and drink as a reward and special occasions.
- Consumption of food and drink at school e.g. dining room environment, style of service, timings, food given on trips/outings, pupils bringing food to school, i.e. lunch boxes, snacks and drinks.
- Promotion of food and drink and free school meals uptake including advertising and sponsorship
- Events at school.
- Inclusivity – special diets, cultural and age (portion size).

3. Legal/National Requirements

New School Food Standards were announced on 17th June 2014. From 1st January 2015, all local authority maintained schools, academies and free schools set up before 2010 and created from June 2014 onwards must meet these new standards for school food. (For more information on these regulations visit <http://www.schoolfoodplan.com/standards/>)

Governing bodies have a responsibility to provide the following meals services within schools:

- Free School Meals – to those pupils who are entitled to a free school meal (FSM).
- Paid School Meals – to any other pupil within the school whose parents have requested that a meal is provided.
- Facilities to eat Packed Lunches – to enable pupils who have brought food from home to eat it. Pupils cannot be charged for the use of facilities.

4. **Ethos and Values**

We believe that children and young people are entitled to receive both good quality healthy eating education and food provision. It is important that healthy eating messages are consistent throughout the school day and therefore a whole school approach has been adopted. The children, parents/carers and their families are aware of the healthy eating ethos of the school as it is reflected in before and after school provision, snack and lunchtimes, treats and rewards.

5. **Aims**

We aim to encourage our children and young people to develop healthy eating and drinking behaviours. We will promote clear and consistent messages about food, drink and nutrition through the classroom setting through the provision of food and drink, and in all other aspects of school life and in conjunction with parents/carers.

6. **Objectives**

a) **National Curriculum**

We aim through food and nutrition education to enable children and young people to make healthy informed choices by increasing knowledge, changing attitudes and enhancing skills. Food and nutrition education is a progressive and developmental curriculum. We will regularly review the curriculum to ensure that information is up to date and consistent and that a cross-curricular approach is utilised as a vehicle for delivering messages about healthy eating. Teachers are confident in having the knowledge, skills and resources to deliver the food and nutrition curriculum.

Healthy eating is taught in school via the Science curriculum and explicitly in PHSE “Healthy me”. School also participates annually in BNF Health Week.

b) **School Meals**

We aim to provide our children and young people with choices that address cultural, religious and special dietary needs and meet the national *School Food Standards* (<http://www.schoolfoodplan.com/wp-content/uploads/2014/09/School-Food-Standards-Guidance-FINAL-140911-V2C.pdf> - page 3).

Food and drink offer as part of nurturing schools-

The following applies to daily practice in the classroom. The exceptions are- celebrations (special breakfast) and events held in the school (including talent shows, fayres, discos/parties).

Acceptable drinks-	Snacks offered-
<p><u>The only drinks permitted are:</u></p> <ul style="list-style-type: none"> • Plain water (still or carbonated) • Lower fat milk • Fruit or vegetable juice (max 150mls) • Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks 	<p>No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (<i>applies across the whole school day</i>)</p> <p>Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food</p> <p>No confectionery, chocolate or chocolate coated products</p>

<ul style="list-style-type: none"> • Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey) Sugar free cordial is acceptable. • Tea, decaffeinated-coffee, hot chocolate are occasionally acceptable as part of nurture. 	<p>(applies across the whole school day). This includes sweet spreads at breakfast time (with special breakfast being an exception) Desserts, cakes and biscuits are allowed at lunchtime.</p> <p>Salt must not be available to add to food after it has been cooked (applies across the whole school day)</p> <p>We do not offer condiments with our lunch time menu, staff must not supplement and provide these.</p>
--	---

d) Quality of the environment

As a nurturing school, our eating times are shared following nurturing principals. This involves staff sitting with children, promotion of turn taking, sharing, table manners and opportunities for appropriate conversation. Children eat together for special breakfast in a larger setting weekly, where food is served by staff following the same principals with promotion of good manners and positive communication.

e) Breakfast

We will encourage young people to eat breakfast before the start of the school day as part of our nurture offer Food served at breakfast will be in keeping with meeting the Standards for school food other than lunch (<http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf> - page 11).

f) Packed Lunches

We encourage parents/carers to provide pupils with a healthy, varied packed lunch each day for example through the sharing of lunch box initiatives. This will be sent termly home to parents of children on packed lunch by the PHSE coordinator.

g) Break-time Snacking, rewards and treats

We actively discourage children and young people from consuming high fat, high sugar snacks, by offering healthier snacks and minimising the use of unhealthy foods used as rewards and as birthday treats to avoid causing confusion for children and young people. Other methods of positive reinforcement are used in school as part of our nurturing curriculum and personalised rewards.

h) Water

Easily accessible fresh drinking water is made available to all students throughout the day. Children may bring a personal water bottle to school if they wish. As part of BNF health week and the wider PHSE curriculum, the importance of hydration is explored and encouraged.

i) Parents

We will ensure that education about healthy eating is available for parents and signpost them to other agencies/organisations who provide opportunities for adult education and skill development around cooking and nutrition. We will also encourage them to continue to promote healthy eating in the home through our core offer and with the support of ur school nurse.

j) Food Allergy and Special Diets

The school has considered the needs of pupils with food allergies and developed appropriate procedures. We will ensure that affected children are not unknowingly exposed to food allergens like nuts and seeds during school hours.

The school also provides food in accordance with pupil's beliefs, practices and medical requirements as required. Catering staff are notified of any allergies, beliefs and observations that need to be made on admission. Menu's clearly state if Halal and any allergens.

When teaching the food and nutrition curriculum, we will consider the needs of pupils with food allergies and special diets.

k) Referrals

Where appropriate, school nurse referral system is in place for underweight and overweight children, and children with other nutritional issues, which follow the appropriate pathways for children.

l) Staff Training

We will provide opportunities for relevant members of staff to receive training to improve their skills and knowledge around encouraging healthier eating in school, via the PHSE lead teacher.

7. Policy, Leadership and Management

The key person to lead in the area of food and policy is Rebecca Squires, SENCO.

8. Dissemination

The governing body recognises its responsibility for getting a strategic framework for the schools food policy and for monitoring and implementing the policy.

9. Monitoring, Assessment and Review

We will monitor the food policy by pupil voice, parent voice and regular drop ins to monitor the provision on offer. The Head teacher will monitor the quality of the meals on a regular basis.

Monitoring and reviewing will lead to ongoing policy development with changes if applicable as linked to the PHSE policy.

10. Breaches of Policy

The whole school community is aware of and understands the process/protocols in place for breach of policy. Staff found to be deliberately ignoring the food and drink policy could face further action should they not respond to support offered.

11. Relationship with other policies

PSHE policy, Relationships policy, Safeguarding Policy.

11. Date and Review of Policy

The governors agreed this policy on and it will be reviewed in partnership with staff, parents / carers and pupils again in unless there are changes to National or Local Guidance.

Packed lunch policy

Overall aim of the policy:

e.g.: 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

Food and drink in packed lunches:

The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.

The school will work with the pupils to provide attractive and appropriate dining room arrangements

The school will work with parents to ensure that packed lunches abide by the standards listed below.

Fridge space is available for packed lunches to be kept fresh, however, we advise parents to use insulated lunch boxes due to the travel to school.

The school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

We suggest that packed lunches should include:

at least one portion of fruit and one portion of vegetables every day.

meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter and falafel) every day

oily fish, such as salmon, at least once every three weeks.

a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.

dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday

only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies. Fizzy drinks or energy drinks will be returned home.

Packed lunches should avoid:

snacks such as crisps. Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.

confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.

Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

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 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.

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by teaching staff / catering staff / midday meal supervisors / pre-identified pupil packed lunch helpers (delete as appropriate).

Parents and pupils who do not adhere to the Packed Lunch Policy will receive a leaflet in the packed lunch informing them of the Policy. If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.

Please note: pupils with special diets will be given due consideration.

Involvement of parents/carers:

Pupils are normally expected to eat the lunch provided by the school. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy.

Dissemination of the policy:

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter.

The policy will be available on the school's website and will be incorporated into the school prospectus.

The school will use opportunities such as parents evenings and Healthy Living weeks to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.

Signed:**Dated:**

Appendix 2

Useful Policy and Food related web site links.

Healthy Schools Manchester

www.healthyschoolsmanchester.nhs.uk.

The School Food Plan

<http://www.schoolfoodplan.com/>

The School Food Plan – Standards

<http://www.schoolfoodplan.com/standards/>

The School Food Plan – Creating a Culture and Ethos of Healthy Eating

<http://www.schoolfoodplan.com/wp-content/uploads/2015/09/Creating-a-culture-ethos-of-healthy-eating-Practical-Guidance-Final.pdf>

The School Food Plan – Creating a Culture and Ethos of Healthy Eating

<http://www.schoolfoodplan.com/wp-content/uploads/2015/09/Creating-a-culture-ethos-of-healthy-eating-Practical-Guidance-Final.pdf>

The School Food Plan – School Food: Guidance for Governors

<http://whatworkswell.schoolfoodplan.com/site/article-files/254ddd1d-091b-44e1-a19a-212d61caa205.pdf>

The British Nutrition Foundation

<https://www.nutrition.org.uk/foodinschools/foodprovision/food-provision.html>

The Food Standards Agency

<http://www.food.gov.uk>.

Food allergy in Schools and Nurseries Fact Sheet

<http://www.uhs.nhs.uk>.

British Dietetic Association

<https://www.bda.uk.com/foodfacts/PackedLunches.pdf>