

Healthy Eating & Food Policy

Broomfield Primary School



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Signed _____ Headteacher

_____ Governor

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Introduction

This Whole School Food Policy is a shared, evolving document for all in our school. It expresses a common vision of the aims and values, ethos, status and role of all aspects of food within our school. In particular, it aims to develop a coherent approach to promoting healthy eating. The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices.

Policy Aims

The aim of our Food Policy is to ensure a consistent approach to all aspects of healthy eating in our school. The main aims are to:

- Provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
- Support pupils to make healthy food choices and be better prepared to learn and achieve
- Ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

School Lunches

School meals are provided by Caterlink and comply with the Educational Regulations (Nutritional Standards for School Food). School meals are planned on a 3-week cycle and always contain a meat and vegetarian option. The school meals menu can be found on our school website. Children in EYFS, Year 1 and Year 2 can receive a free school meal as part of the national Universal Free Infant School Meals Scheme.

Special Dietary Requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. A special menu can be designed by the dietician at School Food Support Services for those children with a recognised food allergy.

Packed Lunches

A proportion of children choose to have a packed lunch brought from home. Statutory standards for school food do not include packed lunches from home.

We aim to:

- Ensure that the contents of packed lunches are in line with the whole school food policy

To achieve this, we will:

- Consult with parents/carers on our whole school food policy
- Agree guidelines regarding the content of packed lunches
- Provide information to parents/carers on healthy packed lunch menu plans
- Involve the children in promoting healthy packed lunch choices

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad

- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon

Packed lunches should not include:

- Sweets
- Chocolate
- Fizzy Drinks
- Peanut Butter Sandwiches or any products containing nuts

Dining Environment

Our school believes that the dining environment should give pupils the opportunity to sit and enjoy their meal together allowing them to feel refreshed for learning during the afternoon. We also believe that the dining environment should encourage positive social behaviour and community cohesion.

To achieve this, we will:

- Ensure that the dining hall is clean
- Ensure appropriate levels of noise
- Ensure that the time available for lunch is long enough to allow children to sit and eat their meal whilst being able to enjoy playing and lunchtime activities
- Ensure safe, orderly and the minimum of queuing for lunch
- Ensure that lunchtimes are well managed and supervised
- Ensure the menu and food presentation is inviting
- Offer regular taster sessions to encourage pupils to try new foods
- Promote healthy eating options, with children's involvement, through incentive schemes
- Encourage older children to monitor younger children

Breaktime Snacks and Drinks

The school understands that healthy snacks can be an important part of the diet of young people. In Key Stage 1 a selection of fruit/veg is provided during the morning which may include for example carrots, apples, tomatoes and bananas. Key Stage 2 children are encouraged to bring a piece of fruit or veg into school to eat during their breaktime.

A healthy school 'Snack Shack' runs weekly. The shack is managed and run by children in Key Stage 2. Each snack contains less than 100 calories.

Children are encouraged to bring water to school to aid health, hydration and concentration. They have easy access to free, palatable water throughout the school day from our water machines. Parents/carers can also register their child for the milk scheme which is delivered fresh and chilled to their classroom each day.

Inclusion/Equality and Diversity

We promote the needs and interests of all pupils, inclusive of gender, culture, race, religion, ability or aptitude. Our approaches to food in school will take into account the religious and cultural backgrounds of the pupils to ensure that all can access the curriculum and receive appropriate food provision. For celebration events we welcome a variety of foods from different cultures, for children to try.

Curriculum Aims

All adults will work towards achieving these aims for healthy eating education in our school. We seek to enable our children to:

- Know what healthy eating is, and how to choose a varied and balanced diet
- Understand the reasons for and benefits of healthy eating
- Learn about healthy eating as part of a broader work around healthy lifestyles (which also includes physical activity, sleep, emotional wellbeing and making healthy choices)
- Be aware of their own capacity to make healthy choices and to take responsibility for their own lifestyles
- Learn about and respect a range of practices in relation to food, including cultural and religious
- Be able to plan and prepare simple healthy food safely
- Value, care for and respect their bodies

In our curriculum programme we will;

- Ensure teaching is consistent with the whole school policy
- Provide opportunities for teaching about healthy lifestyles through topics in PSHE, Design Technology, Science and PE
- Deliver the objectives of the curriculum for healthy eating mainly in PSHE, Science and Design Technology
- Use enrichment activities to address some aspects of healthy lifestyles. e.g. residential trips, school clubs, assemblies
- Encourage visitors who may enhance, but not replace, our planned provision

Teaching methodologies

Ground rules: Healthy Lifestyles is taught in a safe, non-judgmental environment where adults and children are confident that they will be respected. Teacher and children together will ensure there are ground rules in place which create a supportive and caring environment where every child feels safe and is able to learn. These will cover, in particular, the asking and answering of personal questions and strategies for checking or accessing information.

Answering Questions: We acknowledge that sensitive and potentially difficult issues may arise as children may want to share information about their home situation. When spontaneous discussion arises, it will be guided in a way which reflects the stated school aims for curriculum content and is consistent with the Food Policy.

Distancing Techniques: In order to protect children's privacy, we will employ teaching and learning strategies which enable them to discuss issues without disclosing personal experience. For example, we will use fiction, puppets, case studies and role play to enable young people to share ideas and opinions and to practice their decision-making skills in a safe learning environment.

Resources

We use the Cambridgeshire Primary Development Programme and the resources recommended within it when planning and delivering the PSHE curriculum component of teaching about healthy lifestyles.

We will avoid a 'resource-led' approach to delivering the curriculum, instead focusing on the needs of the children and our planned learning objectives.

We will carefully evaluate teacher resources, leaflets and film clips before using them and ensure they are suitable to the age, maturity, needs and ability of the children. Our resources will emphasise a balanced lifestyle and avoid racial, gender, sexual and socioeconomic stereotyping.

Useful links and organisations:

Food for life – www.foodforlife.org.uk

Allergy UK – www.allergyuk.org/

Change for Life - <https://www.nhs.uk/healthier-families/>

NHS Better Health, Healthier Families – <https://www.nhs.uk/healthier-families/recipes/>

The Vegan Society - <https://www.vegansociety.com/lifestyle/vegan-inclusive-education/school>

Diabetes UK – <https://www.diabetes.org.uk/guide-to-diabetes/your-child-and-diabetes/my-life-guide>

Food Safety and Hygiene

As a school, we are responsible for the overall safety of pupils whilst in our care. Special precautions are taken by adults and children when preparing, handling, cooking and storing food at school. Kitchen and food safety is about managing everything that happens in the food area or classroom to reduce the risk of burns, cuts, falls, food poisoning and food allergy or intolerance.

We aim to:

- Ensure that all staff in charge of food activities and food technology carry out and manage food safety procedures
- Inform all teachers and supervising adults of any pupil's suspected allergies of known food allergies or intolerances
- Ensure a qualified first aid representative will be available to administer medication, if needed
- Include all children in food activities but if there is any doubt regarding the safety of any pupil or adult participating in specific food activities, we reserve the right to decline their participation

Involving the Whole School and Wider Community

We seek to work in partnership with parents/ carers and pupils when planning and delivering the curriculum, and when making decisions about food and drink in school.

Our Food Policy has been developed by the PSHE Subject Lead with the support of the Headteacher and reviewed by staff.

The Food Policy will be promoted in assemblies, parent newsletters and via the school website.

Monitoring, Review and Evaluation

This policy is regularly monitored and evaluated to ensure its' effectiveness. The policy review includes collecting data and gathering the perceptions of the whole school community. The results of the review are used to inform areas for school development. The policy is reviewed every two years.