

Burton Leonard Church of England (VC) Primary School



Food and Nutrition Policy

Aims and objectives of the policy

This school actively supports healthy eating and drinking throughout the school day, ensuring that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors to our school. A good diet is important for good health. A healthy and varied diet can help maintain a healthy body weight, enhance general well-being and reduce the number of diseases such as heart disease, stroke, cancer, diabetes and osteoporosis.

The main objectives of our Food Policy are:

- Ensure that we are giving consistent messages about food and health
- Have a planned curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and provides opportunities to learn about different food types in the context of a balanced diet (using the balance of good health).
- Ensure a welcoming eating environment that encourages the positive social interaction of pupils: promoting healthy eating, and adequate time available to eat their food, non-stigmatisation of FSM pupils.
- Ensure a school lunch service that meets or exceeds current Government Nutritional standards
- Ensure there is easy access to free, clean and palatable drinking water in school
- Ensure lunch time food brought in from home is healthy
- Provide opportunities to enable pupils to learn about how to grow fresh fruit and vegetables
- Provide parents with information about healthy eating

Roles and Responsibilities:

Governors

As part of their general responsibilities for management of the school, the governors have played a key role in the development of the school's policy for food. They will continue their involvement through regular evaluation of the policy.

Senior Leadership Team

An identified member of the Senior Leadership Team takes overall responsibility for this policy and its implementation and for liaison with the governing body, parents /carers, catering services and appropriate outside agencies. All communications to parents/carers regarding food should be overseen by the identified member of the Senior Leadership Team and be consistent with the school's food policy. The named person is Amanda Townson.

Parents / Carers

Parents are encouraged to support the healthy provision of food within the school programme and have access to this policy on the school website. The school plays its part in ensuring that parents are kept up to date in developments regarding healthy food provision.

Pupils

Pupils have an entitlement to healthy food. They will be actively consulted about the food provision within the school through the School Council and their views will be central to developing that healthy provision.

All Staff

All staff both teaching and non-teaching should be aware of the policy and how it relates to them. Any staff involved in practical food education should have opportunities for relevant training including diet, nutrition, food safety and hygiene.

After school provision and partner agencies

Where visitors and outside agencies are involved, their contribution must have been planned as part of an overall programme of food and healthy lifestyles education, ensuring that all visitors use current dietary thinking and good practice as the basis for their input i.e. the balance of good health. It is the schools responsibility to ensure that all relevant visitors are made aware of the schools Food Policy.

Packed lunches

The school will provide facilities for pupils bringing in packed lunches. The school will work with parents to ensure that packed lunches contain healthy options. Guidance will be taken from the British Nutrition Foundation. The school will work with the pupils to provide attractive and appropriate dining room arrangements.

- Pupils and parents are advised to bring packed lunches in insulated bags and may use freezer blocks, for health and safety reasons. (There is no fridge space in school.)
- School advises that chocolate, crisps or confectionery items are kept to a minimum if included at all.

- School advises that the packed lunch should contain a starch-based carbohydrate – this provides the Pupils with energy and is inline with the BFN (British Nutrition Foundation) recommendations.
- The packed lunch may also contain two pieces of fruit or vegetable.
- Pupils can bring only water or 100% fruit juice.
- Any food left in lunchboxes will be sent home.
- There should be no swapping of food between pupils for health and safety reasons.
- Pupils should not bring in seeds or nuts due to food allergies.
- Seating arrangements – pupils sit with their team

Water

The school will encourage pupils to drink at frequent intervals throughout the day to help maintain adequate hydration levels. Pupils will be allowed access to water bottles.

- Free, fresh water will be available to all Pupils throughout the day.
- Pupils are encouraged to have a named water bottle in school at all times.
- Water will be freely available at lunchtime.
- Hygiene – encourage water bottles to be taken home daily to be washed.
- After physical activity and during hot weather, Pupils will be encouraged to drink more water.
- The water bottles **must** contain only water.

Curriculum

The whole-school policy will encompass nutrition education in the curriculum. Healthy eating will be covered within the personal, social and health education (PSHE) and science curriculum.

- Pupils will have opportunities to help cook and prepare food
- Pupils will be made aware of the healthy eating policy throughout the curriculum.
- Healthy eating messages will be taught as part of self-care
- Healthy eating will form part of the school curriculum.
- There will be consistent messages across the curriculum about healthy eating.
- Healthy foods will be actively promoted through regular tasting sessions.
- All pupils will learn and apply the principles of food hygiene.
- Pupils will learn and apply the principles of a balanced diet and how diet affects health.

Rewards / prizes / parties / charity events

These will, as far as possible, aim to support the consistent healthy food messages that we have throughout the curriculum. The school is aware, however, that the present Food Trust Standards do not apply to:

Parties or celebrations to mark religious or cultural occasions

Fundraising events

Occasional rewards for achievement, good behaviour or effort

Food used in teaching food preparation and cookery skills, provided that any food prepared is not served as part of a school lunch

Food brought in on an occasional basis by parents or pupils

Staff Support and training

All staff preparing food with pupils will be trained in Basic Food Hygiene. Catering staff will hold up-to-date certification.

School meals

Attached to this policy is the current North Yorkshire County Caterers Food Policy.

Monitoring and evaluating the policy

This policy will be formally reviewed every three years by the Governing Body, Head Teacher, catering staff and relevant outside organisations. This will include evaluation of teaching and learning activities, staff training and the use (if any) of outside visitors and the monitoring of pupils food choices to inform policy development and provision.

Adopted Summer 2019

Next review Summer 2022

Amanda Tounson

A handwritten signature in black ink, appearing to be a stylized name with a long horizontal stroke extending to the right.