



BURROUGH GREEN CHURCH OF ENGLAND PRIMARY SCHOOL

WHOLE SCHOOL FOOD POLICY

AIM

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school.

OBJECTIVES

- To review formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent with this policy.
- To promote the advice given by DfE School Food Standards and The Children's Food Trust which will enable pupils to follow a healthy, balanced diet and decrease the intake of fat, sugar and salt.
- To timetable an annual food/health week in school to promote healthy eating and drinking messages.
- Ensure that staff, undertaking cooking as part of the curriculum, have basic food hygiene training.

POLICY

A whole school food policy will address aspects of food provision across the whole school day as well as education about food and nutrition.

The food-based standards for school food other than lunch apply to all food provision up to 6pm.

This will be done in the following ways:

ACTION GROUPS

The Health and Wellbeing Committee will monitor all aspects of the food policy.

The School Council will provide a means for consulting pupils about the food policy, enabling pupils to take responsibility for aspects of the policy.

The PTA will be consulted about the changes made to the food policy and standards laid down by the School Food Trust.

BREAKTIME SNACKS

Infant children may receive milk and a daily portion of fruit/vegetable snack through the School Fruit and Vegetable Scheme, in the classroom, around break time.

Junior children, whose parents contribute financially, will receive milk at break time.

Other children will be encouraged to bring a healthy fruit/vegetable snack to school to be eaten at break time.

Children will be discouraged from bringing or consuming those snacks with typically higher concentrations of refined sugar, salt and fat e.g: crisps, confectionery and sugary drinks.

For safety reasons, children will be asked not to bring glass bottles and cans to school.

It is school policy that no nuts are to be consumed on the premises due to the severe allergic reaction experienced by some pupils.

WATER

Children will be encouraged to drink water at frequent intervals throughout the day. School will ensure that all pupils have easy access to fresh drinking water throughout the day.

Children can bring their own bottles of water to school and these can be refilled in class.

School will provide adequate quantities of water in jugs and plastic beakers at lunchtime.

School will provide a water cooler for use by all staff.

PACKED LUNCHES

School will promote healthier packed lunches in line with the food based standards from the Children's Food Trust 2008.

The following items should not be included in Packed lunches:

- Confectionery (ie; chocolate bars)
- Snacks with high levels of added salt or sugar
- Deep fried products not more than twice a week
- Sugary or fizzy drinks

School will make parents aware of the standards and information regarding the contents of lunch boxes. Full information and ideas for packed lunches can be found on The Children's Food Trust website www.childrensfoodtrust.org.uk/packedlunches

School will provide suitable facilities for eating packed lunches.

For safety reasons, children will be asked not to bring glass bottles or cans to school.

Children will be expected to dispose of any excess litter in receptacles provided.

School will provide trolleys for lunch boxes which will be kept in the appropriate facility.

School will provide supervisors to look after, help and safeguard children.

SCHOOL LUNCHES

All Key Stage 1 pupils are entitled to a free school meal.

School will ensure that it has the capacity to provide a meal for all those who require one.

School will maintain and work to increase levels of uptake of school lunches.

School will work with CCS to provide food of high quality and promotes health in line with the food based standards.

Food provided will be appropriate to the cultural, religious and dietary needs of pupils. Vegetarian options will be made available as required.

School will regularly review the provision of the existing catering company and consider alternative providers, or provide an in-house service if appropriate. School will provide an adequate environment including seating arrangements, decor and cleanliness.

School will provide supervisors to look after, help and discipline the children.

School will provide free school meals to all of those children that are entitled.

Termly menu's will be displayed in the school hall and office.

CURRICULUM

School will ensure that its curriculum provides opportunities for children to learn about food safety, nutrition and a balanced diet, and have the chance to learn practical cooking skills.

Ideas available from www.childrensfoodtrust.org.uk

Children will be given the opportunity to grow food and visit farms, suppliers and manufacturers in order to improve their understanding of the connections between food, health and the environment.

This will be done through a number of subjects including:

SCIENCE: Children learn about different types of food, their nutritional composition, the digestive system and the ways different nutrients keep us in good health, along with how diet, exercise, smoking and drugs affect health.

FOOD TECHNOLOGY: Our children learn to use equipment and tools, develop cooking skills and understand the importance of food hygiene.

GEOGRAPHY: Children get an opportunity to learn about the impact our food choices have on the environment and people who make their living from farming and fishing.

PSHE: Helping children to recognise what they like and dislike and encourage them to make healthier choices.

CITIZENSHIP: Children are offered the chance to explore moral and ethical issues such as food and drink advertising and sustainable development.

Exemptions to the school food regulations

The School Food Regulations do not apply to food provided:

- a) at parties or celebrations to mark religious or cultural occasions
- b) at fundraising events
- c) as rewards for achievement, good behaviour or effort
- d) for use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- e) on an occasional basis by parents or pupils

Monitoring

Appointed members of the Health and Wellbeing committee will monitor updated information from The Children's Food Trust and the School Food Standards and ensure these are passed onto the school. They will monitor and evaluate the policy on a yearly basis via the Key Performance Indicators.

This policy will be reviewed every 3 years. Next review Spring 2019

Ratified at Health and Wellbeing committee meeting March 21st 2016

M Field March 2016