

Bredenbury Primary School

WHOLE FOOD POLICY

July 2019

Signed and dated:
Chair of Governors
Headteacher

1. RATIONALE

This policy has been formulated to enable Bredenbury School to develop and maintain a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit pupils, staff, parents, caterers and others associated with the school.

Our belief is that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills hence '**Feed the Body, Fuel the Mind.**'

This also links with striving to achieve one of the five key outcomes set out in the government policy document 'Every Child Matters':

Being healthy: enjoying good physical and mental health and living a healthy lifestyle.

Consultation and amendments by staff in :	June 2019
Ratified by Governors on:	3.7.2019
To be reviewed by Staff and Governors in:	Every 3 years- June 2022
The person responsible for maintaining, monitoring and evaluating the implementation of this policy is:	The Head of School

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2. AIMS

As a school, we have always prided ourselves in providing the best education for your children, within available resources, whilst attending our school. We now wish to extend this ethos by promoting healthy eating patterns to our children at school, by taking a more pro-active approach to improving the health and wellbeing of children, while attending class.

As a school community we want:

- To ensure as far as possible that food and nutrition in school promotes health and wellbeing.
- To provide opportunities for children and adults to share food as a way to celebrate cultural diversity and to build friendships.
- To increase children's knowledge of food production.
- To ensure children and staff have access to water all day.
- To ensure that food provision in school reflects the ethical and medical requirements of staff and pupils, e.g. vegetarians, people with allergies or specific medical needs.
- To ensure that children develop a healthy attitude towards food and understand the importance of a balanced diet.

3. OBJECTIVES

- Bredenbury Primary School recognises the important connection between a healthy, balanced diet and a child's ability to learn effectively and achieve high standards in school.
- The school aims to ensure that pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- The school recognises that it has a responsibility to ensure that all members of the school community are able to make informed choices about the importance of food and its production.
- The School also recognises the role it can play, as part of the larger community, to promote family health, and sustainable food and farming practices.

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- Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.
- The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and teachers.
- The School recognises that sharing food 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 school is committed to ensuring that food provision in the school reflects the ethical and medical requirements of staff and pupils. The school is committed to ensuring that it involves pupils and parents in guiding food policy and practice within the school, and enables them to contribute to healthy eating, and acts on their feedback.

4. TUCK SHOP AND VENDING MACHINES

We do not use vending machines or operate a tuck shop in our school.

5. SNACKS

All pupils are welcome to bring a healthy snack such as fruit, vegetables or a healthy snack bar from home for the morning break time. Water, diluted juice or milk may be drunk. Children under 5 are entitled to free milk at snack time, and others may purchase milk. The school will actively discourage all other snacks at morning break time. Reception, YR1 and YR2 children also receive a free piece of fruit or veg every day from the Government Fruit and Veg Scheme. Commercially bought sweets and chewing gum are also not allowed in school.

6. WATER

Children should be regularly reminded to drink water at break times. Pupils can have their own container for water and they must take responsibility for cleaning it. The school will provide plastic cups if needed.

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7. SCHOOL MEALS

The school is committed to publicising menu information received from the contractors to parents and carers. On a daily basis, pupils must be offered a carbohydrate, protein and vegetables on their plate. All children are given a portion of vegetables as part of their meals. They are encouraged to try some, even if it is a small portion. All Key Stage 1 children receive a free lunch.

8. PACKED LUNCHESES

The National Food Standards Agency survey of packed lunchboxes showed that many children's lunchboxes contained too much sugar, salt and fat and little fruit and vegetables. The school is committed to encouraging parents to provide healthier lunchboxes for children at Bredenbury School.

The school discourages some packed lunch foods. A list of foods considered to be in this category includes the following: sweets & confectionary and fizzy drinks are not allowed in school.

The school recognises that parents provide packed lunches for a variety of reasons, including dietary requirements or intolerance, and religious observance. For this reason, no food may be swapped or shared from packed lunches.

Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten.

9. THE DINING ENVIRONMENT

The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and staff. The school will aim to provide a calm, ordered environment conducive to mutual respect and good behaviour.

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We are also committed to the following:

- Active help for children (particularly young children) who find the physical process of school dinners or packed lunch difficult – for example, carrying trays, opening tubs or packet and using cutlery.
- Encouraging all children to eat the food they have been provided with.
- Equal treatment of children having school dinners and packed lunches, in terms of provision and supervision.
- Encouraging children to wash their hands before eating.
- Reducing excess waste by composting where possible.
- Provision of water served by a member of staff is offered to all regardless of whether they have school dinners or packed lunches.

The school will Reward pupils for good meal time etiquette and good behavior. To encourage good behaviour and social interaction during the meal time:

- ✓ Children will be provided with a positive environment.
- ✓ Children will be encouraged to behave appropriately at all times.
- ✓ Adults will model positive behaviours.
- ✓ Children are rewarded with positive dojos for behaving well.
- ✓ Children who disrupt lunch will lose time from their lunch play.

Lunchtime staff can nominate a child to receive a lunchtime award which is presented in assembly on a Friday.

10.CHILDREN WITH SPECIFIC MEDICAL CONDITIONS

All staff are made aware of any medical/allergic conditions of individual children through staff meetings, discussion and clearly displayed notices in the School Office.

Information relating to individual needs is discussed with all parents before their child's admission to school.

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12. FOOD HYGIENE.

Children are always reminded about the importance of hand washing before eating or handling food.

Whenever children work with food in the classroom, they are helped to follow basic hygiene routines.

13. CELEBRATIONS & FESTIVALS

The school also recognises that food plays an important role in celebration of cultural, personal or community milestones, such as religious festivals, birthdays or the end of term. Again, food given should form part of a balanced, healthy diet, at an individual teacher's discretion.

14. FOOD IN THE CURRICULUM

Food represents many things to us all: energy, nutrition, livelihood, communal activity and pleasure, to name but a few. Its significance in our lives means that it can and should be used to enrich the school curriculum. The school curriculum can in turn be used to enrich pupils' experience of food and healthy eating.

Internet technology makes available a range of useful teaching and learning materials in most subject areas. These should be exploited by staff on a regular basis. The school will encourage and facilitate the sharing of resources and examples of best practice. Schemes of work will reflect the whole-school emphasis on healthy eating.

Assemblies also offer an opportunity to explore health and food-related issues.

15. THE CURRICULUM

The curriculum content will focus on:

- the importance of food groups and the role they play in promoting growth
- the development of strong healthy bodies,
- what constitutes a balanced diet

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- an understanding of cultural diversity
- the development of respect and understanding towards the beliefs and attitudes of others
- how food is produced

16. PARTNERSHIP WITH PARENTS/CARERS AND PUPILS

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

During out of school events, eg PTA events, the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered to the children

17. COMMUNICATION/DISSEMINATION OF THE POLICY

The policy will be disseminated in the following ways:

- On the School Web Site
- On display in the School Foyer
- Staff Meetings

18. SAFEGUARDING

The curriculum deals with Safeguarding in the curriculum in subjects such as Personal, Social and Health Education where relevant issues are discussed with the children. The curriculum is also designed so that safety issues within the subject are discussed and safe practices taught.

Bredenbury Primary School acknowledges the important role that the curriculum has in the preparation of our pupils for the responsibilities of adult life and

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citizenship. It is expected that all teachers and teaching assistants will consider the opportunities that exist in their teaching and other activities within the school day, for addressing aspects of Safeguarding.

19. REVIEW AND MONITORING

This policy, its procedures and activities, used to meet the school's **Whole Food Policy**, will be monitored and reviewed every three years by staff, the School Council and the Governing Body. All reports on the **Whole Food Policy** and its findings will be published in the school's newsletters.

20. CONCLUSION

This policy has been formulated to enable Bredenbury Primary School to develop and maintain a shared philosophy on all aspects of food and drink. In successfully implementing this policy the school will develop healthy eating and drinking activities within the school that benefit pupils, staff, parents, caterers and others associated with the school.

The policy has been formulated following consultation with parents and staff and its development must continue to be by consultation.

The policy and future amendments to the policy must be communicated clearly and consistently to pupils, parents and staff.