



Barham Primary School 2019-2020 Whole School Food Policy

Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

The policy was formulated through consultation between members of staff, governors, parents, pupils and our school nurse.

This school food policy is co-ordinated by David Thomas (Healthy Schools Leader) and Vali Ranmal (Caterlink lead staff member)

Aims

The main aims of our school food policy are:

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

Food throughout the school day

1. School Lunches

School meals are provided by Caterlink and served between 11:45am-1:10pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards.

School meals are planned on a 3 week cycle and always contain a meat, fish and vegetarian option. The school meals menu can be found on our school website.

2. Packed Lunches

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

For detailed guidance around our packed lunch policy, please see our website and parent/carers packed lunch guide.

3. Snacks

The school understands that healthy snacks can be an important part of the diet of young people. In the Early Years, snacks are provided during the morning and afternoon and include fresh fruit and Vegetables

4. Drinks

The school is a water only school, with the exception of the free milk entitlement for all primary and secondary free school meal pupils. Water is provided via drinking fountains and fresh water supply in the classrooms. Pupils are encouraged to bring in water bottles and are provided water in cups at lunchtimes.

5. School trips

A packed lunch will be provided by the school, for all children who are free schools meals.

Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described in the School Packed Lunch Policy.

6. Rewards and special occasions

Rewards

The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including classroom Dojos, special mentions and star of the week.

Celebrations

The school recognises the importance of celebrating birthdays and special occasions. For birthday celebrations, all children are allowed to wear their own clothes.

We welcome any parents who would like to send in fruit for their child to share with the class on their birthday. We discourage chocolates, sweets and cakes for birthdays.

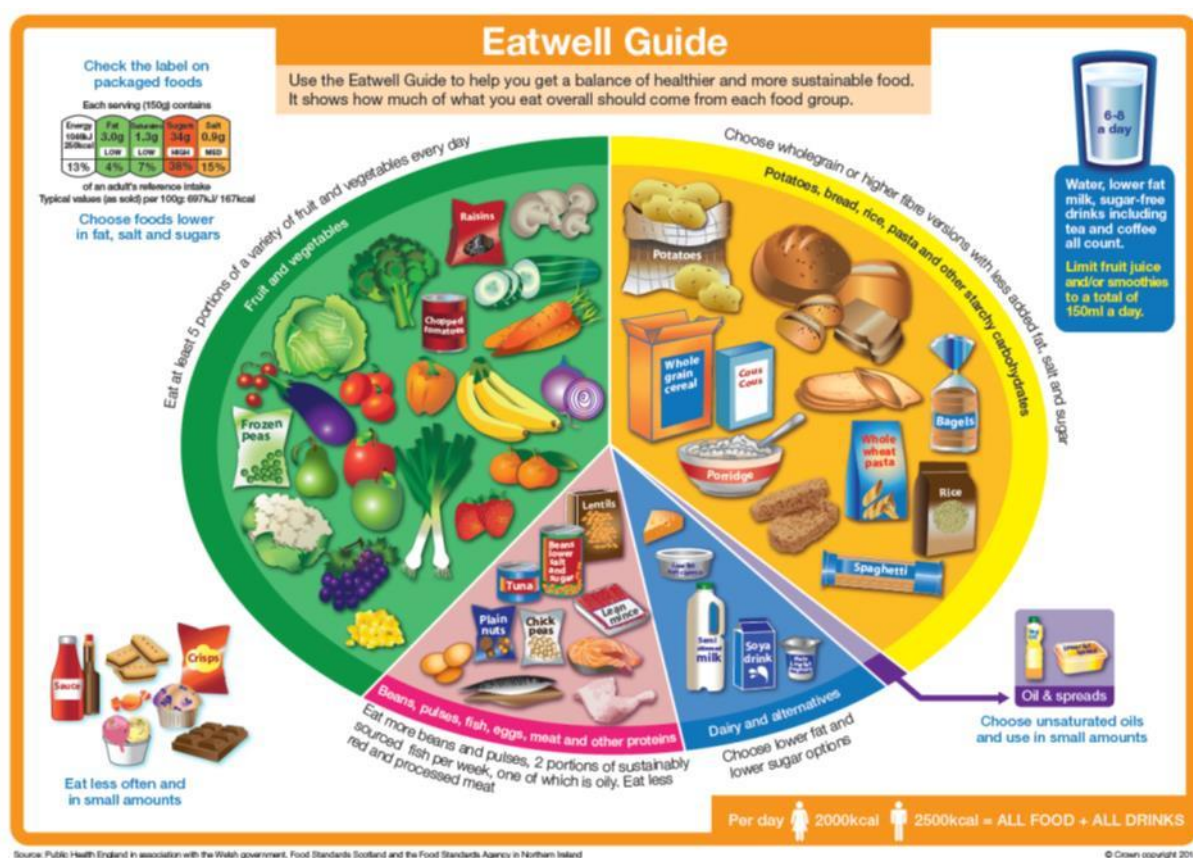
For celebration events, we welcome a variety of foods, from different cultures, for children to try.

Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

7. Curricular and extra-curricular activity

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). The Eatwell model is used throughout the school as a model of understanding a balanced diet.



Termly clubs also support the teaching of food and healthy eating and include cooking or food growing.

Staff delivering cooking sessions and clubs follow Food Safety and Hygiene guidelines.

8. Special dietary requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Individual care plans are created for pupils with food allergies and the lead member of staff for this is Louisa Antoni our Welfare officer in reference to other relevant policies.

Pupil's food allergies are displayed in a sensitive way in relevant places around the school including, Dining hall, Staffroom and Medical room.

9. Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

Teaching staff are also encouraged to eat a school lunch and sit with pupils in the dining hall.

10. Parents, carers and family members

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend.

11. Monitoring and review

This policy has been developed in consultation with staff, pupils, parents/carers and governors. The policy will be reviewed every 2 years.

Signed: K.Giles

Lead person: David Thomas (Healthy Schools Leader)

Date policy implemented: September 2019

Review Date: September 2022