



Brompton Community Primary School



Food Policy

Rationale

As a health promoting school, Brompton Community Primary School recognises the importance of a healthy diet and the significant connection between this and a pupil's ability to learn effectively in school. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices. It is important that as a school we consider all elements of work to ensure that awareness of healthy eating is promoted to all members of the school and wider community. Healthy lifestyles can be promoted through effective leadership, school ethos and a broad and balanced curriculum.

This guidance has been written to reflect the School Food Standards that were written in January 2015 and revised in June 2023 and the Eatwell Plate Model of Healthy Eating supporting key outcomes of the School Food Plan.

Aims

- What constitutes a healthy diet (including understanding energy, balance and the benefits).
- The principles of planning and preparing a range of healthy meals.
- The pleasures of growing, cooking, trying new foods and eating proper food.
- The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity) and other behaviours (e.g. the impact of alcohol on diet or health).
- To ensure that all food and drink served is in line with the Government's mandatory standards, is varied, is served in appropriate portion sizes, looks good and tastes good.
- To ensure that all aspects of food and nutrition in school promotes the health and wellbeing of the whole school community.
- To ensure that all members of the school community are able to make informed food choices and are aware of the importance of healthy food, where our food comes from and the need to support sustainable food and farming practices.
- To make every reasonable effort to ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian and medical needs and that all relevant staff members (including non-teaching staff e.g. midday assistants) are aware of these.
- To ensure that all regulatory requirements are fulfilled, specifically in relation to food safety and food labelling (e.g. allergenic ingredients).
- To involve the school community in all aspects of food in schools.
- To make healthier choices quicker, easier and better value for money.
- To ensure that all food and drinks consumed as snacks are healthy for teeth.
- To ensure all staff and volunteers involved in food preparation, other than school lunches, e.g. breakfast clubs, after school clubs, fund raising events and cooking in the classroom, demonstrate good food safety practices.
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are reflected throughout the school day.
- To raise awareness and promote the eligibility criteria in relation to free school meals for parents and carers, as well as increasing the uptake of school meals.
- To ensure that the co-ordinator liaises with external agencies regarding the healthy eating education programme and ensures that all adults who work with children on these issues are aware of the school policy and work within this framework. Parents or carers will be advised if their child is not eating well.

Food Safety

The headteacher has the responsibility to ensure that all food produced, prepared or served on the premises is safe. The activity of food preparation, handling and serving of food in the classroom is distinct from the provision of school lunch by caterers.

Break Time

Break time snacks are brought from home. Children in Key Stage One benefit from the National School Fruit and Vegetable Scheme which entitles them to one free piece of fruit or vegetable a day. All food provided by the school or catering provider at break time meets the national standards for school food other than lunch. Snacks and drinks brought from home are strongly encouraged to be 'tooth friendly' i.e. do not contain added sugar. No nuts are allowed due to potential risk to nut allergy sufferers.

Lunchtime Provision

Lunchtime is treated as part of our school day in Brompton Community Primary School and the dining hall an extra classroom. The food environment facilitates a positive eating environment, breaktimes are sufficient to allow children to consume food and drink of an adequate nutrition in a relaxed social setting. The dining area allows children to eat together, regardless of whether the food is a school meal or packed lunch, the design and infrastructure of the dining environment enables a welcoming environment for all children. All pupils have adequate choice across the lunch period regardless as to whether they are first or last meal recipient. The system developed by the kitchen staff ensures this occurs without waste.

School meals

The school works in partnership with the catering provider on the food offer to ensure it is appealing, appetising, healthy, sustainable and is viable. Roles and responsibilities are clear. The lunch service is regularly monitored to check that the offer is to specification, staff and the facilities are adequately resources and management and operations systems are sufficient. Menus/dishes are appealing, descriptive and the information reflects the food on offer. The food promotes local provenance, seasonality and healthy food choices.

Nut Free School

The school has a nut-free foods policy as we have pupils and staff members at the school with severe nut allergies. Parents are informed of the policy when their child starts school and are discouraged from bringing nuts or food containing nuts into school. Any foods that contain nuts are removed immediately. Nut Free School notices are displayed throughout the school.

The Hive (Before and after school club)

Food provision at the Hive (breakfast and after school club) is compliant with the National School Food Standards (2015). It is prepared on the school premises to the same standards as other school meals. Relevant staff have basic food hygiene and preparation certification. Children in the club sometimes have regular opportunities to prepare and cook healthy snacks and there are regular opportunities to discuss healthy eating as part of their general activities. The Hive provides breakfast for pupils whose parents book and pay on Parent Pay.

The Hive Breakfast menu may include: • Toast with margarine/butter • Fresh fruit • Non or low sugar cereals • Fruit juice, Water or Fresh milk. The Hive also provides a light tea for pupils whose parents book and pay on Parent Pay. An example of the Hive After-School menu is: Beans(V), +Toast(G) Fromage Frais(M) Pasta in tomato sauce (G,M) or cheesy pasta (G,M) Frozen Toffee or strawberry Yoghurt(M) The school understands that snacks can be an important part of the diet of young people and can

contribute positively towards a balanced diet. The school discourages the consumption of snacks high in fat and sugar at any-time. Any snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.) Parents must remember that we are a nut-free school when considering the snacks their child brings to school.

Water

Clean drinking water is available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. All packed lunch pupils have access to water at lunch time meaning there is no need for an additional drink to be brought as part of a packed lunch. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every week to be washed and returned. No drinks other than water will be brought into school by pupils unless recommended by a doctor for medical needs.

Packed Lunches

If parents choose for their child not to have a meal prepared by the school, we ask them to provide children with packed lunches that complement the nutritional standards. This is achieved by promoting healthy packed lunch options using the principles of the 'Eatwell Plate' and 'Change for Life'. This will ensure children having packed lunches have a healthy balanced meal. Food safety issues around packed lunches is conveyed to parents on our school website and is an information section on the school newsletter each month.

School Lunches

Food prepared by the school catering team meets the School Food Standards (2015). As a school, we encourage pupils to have a school lunch provided by our catering service and free school meals are provided to all those pupils who are entitled to them and we regularly advise on the process for obtaining a free meal. Healthy options are promoted at lunchtime and the children are consulted about food choices through the School Council and pupil Food questionnaires. All school meals are prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT. "A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment"

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. (Children are encouraged to be independent during the meal and clear up after themselves at the end by tidying their plates and cutlery away.) Pupils are provided with water with their school meal. The School Menu is displayed on the school notice board in and outside of school, the school website and in the entrance of the hall. This is also given to our parents at the end of each term to consider the options before coming to school that day.

Special Dietary Requirements

School caterers offer a vegetarian option at lunch every day. Allergy information is provided with all school menus. We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. Individual care plans need to be created for pupils with special dietary needs/requirements. These should document symptoms and adverse reactions, actions to be taken in an emergency and emergency contact details, along with any particular food requirements e.g. for high-energy diets. School caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process. Pupil's food allergies are displayed in a sensitive way in booklet form. This is kept with the kitchen manager and shared with all relevant staff.

Visits and Residentials

Any meals taken as part of on or off school site residentials will provide a balanced and healthy approach to meals. Packed lunches are provided by the school for school trips as part of our Free School Meal provision comply with National Food Standards.

Food and Healthy Eating in the Curriculum

The Science, Design & Technology and PSHE subject leaders monitor and evaluate learning and teaching and the curriculum content of the medium term plans, children's work, assessments and assemblies to ensure that children:

- develop an understanding of the importance of a balanced diet and the consumption of vegetables and fruit (using the 'Balance of Good Health' model);
- develop an understanding of the need to avoid over consumption of foods high in salt, sugar and fat;
- have an understanding of food hygiene and safety;
- have opportunities to be able to plan and prepare balanced nutritious meals (wherever possible using fresh food rather than ready mix products);
- gain an understanding about food production, where food comes from, sustainability and the idea of Fairtrade;

Food is produced and prepared as an important part of the curriculum for all pupils and is taught across the curriculum through Science, PSHE and Design and Technology. Risk assessments will be completed by staff for all cooking activities. We reinforce our delivery of the national curriculum by holding a healthy schools' week annually which enables us to focus on all aspects of healthy eating. Food and nutrition is taught at an appropriate level throughout the school in Science and Design Technology (cooking and nutrition). The Eatwell Model is used throughout the school as a model of understanding a balanced diet. Occasional clubs also support the teaching of food and healthy eating (e.g. cooking or food growing). Staff delivering cooking sessions and clubs will have appropriate Food Safety and Hygiene qualifications. 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. Birthdays, and special events such a Christmas parties in class are also times where food contributes to a sense of celebration and sharing. On these occasions foods other than fruit or vegetables may be offered, but the staff will remind the children that this is an "occasional" treat and not "every day food".

A copy of this policy is available for Parents/Carers on request. Teachers have access to a copy in the school's policy folder on the school's server.

Date of review: February 2025

To be reviewed: February 2026

Miss Abbs/Mrs Byrne