



Bowburn Primary School

Whole School Food Policy

Introduction:

This policy has been developed by a working group which has consulted with the whole school community. To achieve a more comprehensive overview also refer to our PSHE, Science, Packed Lunch and our Physical Activity policies.

Aim:

Our school aims to be a 'Healthy School' where children's personal and social development and emotional health and well being are fostered and where children, staff and parents are encouraged to lead a healthy lifestyle by being physically active and eating healthily. Our aim as outlined in this policy is to ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to the school.

Rationale:

Our school recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school. We also recognise the role the school can play, as part of the larger community, to promote family health, and sustainable food, including production and farming practices. We recognise 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 celebrating special occasions.

Objectives:

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes healthy eating.
- To ensure 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.
- To ensure that food provision in the school reflects the ethical, cultural and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment.

- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that do not support them.
- To monitor menus and food choices to inform policy development and provision.

Guidelines:

- The monitoring of the food available in school will be carried out by School and Chartwells through regular snag group meetings.
- Pupils will be taught about healthy eating and food issues in their Science and PSHE curriculum.
- We will promote healthy eating by the food choices available to the children at: • Breakfast club • Break times • Snack time in the Foundation Stage • Lunch Time
- Water is available to all children throughout the school day and all adults in school encourage children to drink water. It will be provided for children to drink at lunch time, drinks brought in from home cannot be consumed on the premises.
- Children who bring a packed lunch to school are encouraged to bring healthier options and grapes brought in from home need to be cut length ways. (***Please also see Packed Lunch policy***).
- For medical reasons we aim to be a **nut free environment** and ask that **no nut based products are brought into school at any times**. (Please also see Packed Lunch policy). –
- The dining environment encourages and supports healthy eating, displays show healthy food options, children are encouraged to try different foods and children are invited to choose where they would like to sit and eat their meal.
- Parents, Governors and Pupils are invited to take an active role in the monitoring of food available in school through participation in the 'SNAG' working group meetings.
- All staff are supported and relevant training is provided on promoting healthy lifestyles and handling food.
- All staff are aware of the national Food in Schools programme and recognise the importance of its implementation throughout the school.
- Parents/carers are requested not to bring sweets and cakes into school on any occasion. Any items brought into school will be sent home at the end of the school day.

Monitoring and Evaluation:

- ✓ The Head Teacher is responsible for monitoring the implementation of the whole school food policy and will report to the governing body through the appropriate Committee on a regular basis regarding procedures and practice in school.
- ✓ Lunch time menus will continue to be monitored by Chartwells and shared with Staff, pupils and parents on a regular basis.
- ✓ Water consumption will be monitored by all staff and discussed with the Head Teacher as appropriate.

- ✓ The Head Teacher will monitor the food items available to the children throughout the day to ensure they meet the standards put forward by the government.

This policy will be reviewed annually. The next review will take place in November 2024.

Signed..... Head Teacher

Signed..... Chair of Governors Signed.....

Pupil Representative

Dated.....