

BREDHURST CHURCH OF ENGLAND (VC) PRIMARY SCHOOL

FOOD POLICY

July 2023

(Review Date: July 2024)



BREDHURST VISION

To learn and grow through the guidance and love of God

OUR MISSION STATEMENT

At Bredhurst CE Primary we value diversity and promote equality of opportunity for all.

Religious education should enable every child to flourish and live life in all its fullness. (John 10:10)

It will help educate for dignity and respect, encouraging all to live well together.

OUR ETHOS

At Bredhurst, we aim to be proactive in helping each child to achieve the key elements to well-being in childhood and later life. These are:

- be healthy
- stay safe
- enjoy and achieve
- make a positive contribution
- achieve economic well being

OUR CORE VALUES

The 'Spirit of Bredhurst' encompasses our core Christian values

- **S**elf control
- **P**erseverance
- **I**nclusion
- **R**espect
- **I**nspiration
- **T**rust

These are displayed in each classroom, the entrance, the hall and the playground and are referred to regularly in Worship and in class lessons.

This school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

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.

AIMS

The main aims of our school food policy are:

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

FOOD THROUGHOUT THE SCHOOL DAY

Breakfast

Breakfast club (Early morning club) is a chargeable provision.

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day.

The school runs a daily breakfast club for pupils from 7.30am – 8.45am.

The breakfast menu includes:

- Daily: - Toast with butter and/or jam, cereal e.g. rice krispies, corn flakes, weetabix & milk
- Wednesday: - Waffles and chocolate spread
- Drinks: - orange juice, apple juice, milk & water

School lunches

School meals are provided by Chartwells and served between 12.30pm – 1.15pm in the dining hall. The lunches are payable for Key Stage 2 children unless in receipt of free school meals.

The school meals meet the mandatory requirements of the School Food Standards 2015. The meals are planned on a three-week cycle and always contain a meat, fish and vegetarian option. Hot meals are provided wherever possible giving three choices

- Main meal
- Vegetarian option
- Jacket potato
- Tomato Pasta

Packed lunches

The school's packed lunch policy is developed using guidance from the Children's Food Trust. We understand it can be difficult for parents and carers to provide your child with a healthy, but filling packed lunch every day. To help you we have given an example of what a healthy and balanced packed lunch may contain:

- Carbohydrates (sandwich, pasta or rice)
- Bag of crisps / cheese biscuits / baked crisp snack
- Fresh fruit or vegetables
- Low-sugar yogurt
- Chocolate biscuit or cake bar
- Water, squash or fruit juice (we do not allow fizzy drinks in school)

Please remember that we are a nut-free school and sandwiches should not contain peanut butter or chocolate spread as a number of chocolate spreads contain nuts. Sweets are not permitted.

The school provides water, for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink.

Snacks

The school understands that healthy snacks can be an important part of the diet of young people. In the Early Years, snacks of fruit & vegetables, are provided during the morning.

Fruit is also provided for children in KS1.

Pupils in both KS1 and KS2 are able to bring fruit & vegetables and/or a cereal bar into school to eat at break-times.

Drinks

We have free milk entitlement for all under 5 pupils. Parents of all children have the option to purchase milk. Water is available in the classroom, either to refill pupil's own bottles or using a cup provided; in the playground and in the dinner hall.

School trips

A packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches should adhere to the same food and drink guidance described above.

REWARDS AND SPECIAL OCCASIONS

Rewards

The school uses a range of methods for positive reinforcement including: certificates in celebration worship, stickers, head teacher award sticker, praise. Therefore staff, pupils and parents are aware that food will not be used as a reward for good behaviour or achievement.

Celebrations

The school recognises the importance of celebrating birthdays and special occasions. However, due to a wide variety of allergies across the school we ask that if chocolates, sweets and cakes are brought in to share for pupil's birthdays they are not eaten until the child is with their parent at the end of the school day.

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

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 (see appendix 1) as a model of understanding a balanced diet.

Termly clubs also support the teaching of healthy eating and living.

SPECIAL DIETARY REQUIREMENTS

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

The school is a 'nut free' environment.

Individual care plans are created for pupils with food allergies and the lead member of staff for this is Mrs Place, SENDCO.

Pupils' food allergies are displayed in a sensitive way, in relevant places around the school including the staff room.

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.

PARENTS, CARERS AND FAMILY MEMBERS

Our relationships with parents and 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.

APPENDIX 1 – EATWELL PLATE

