

# Bedfont Primary School



## Food Policy

Bedfont Primary School is committed to preserving the rights of children in accordance with the United Nations Convention on the Rights of the Child. The articles which underpin this policy are:

### **Article 3**

The best interests of the child must be a top priority in all things that affect children.

### **Article 24**

You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

Written:

February 2016

## **Background**

Bedfont Primary School is an enthusiastic supporter of the Government's *Healthy Living* initiatives and encourages our pupils to embrace a healthy lifestyle through good nutrition and exercise.

Meal times are an important part of the school day and provide an opportunity for children to develop their social skills in a pleasant atmosphere. School meals are cooked on the premises by Chartwells caterers. Children have a choice of both main course and dessert and these are carefully planned and balanced to provide a nutritional meal. Children who wish to bring packed lunches to school may do so. This policy has been formulated through consultation with pupils (via the School Council), parents, staff and governors.

## **Aims and Objectives**

- To promote the links between a healthy balanced diet and the ability to concentrate, learn and achieve.
- To ensure that children have access to water throughout the day.
- To ensure that children have access to a healthy balanced diet through Chartwells dinners.
- To encourage parents and carers to provide a healthy packed lunch for their children.
- To educate children through the curriculum, so that they can make informed eating choices.
- To promote healthy fruit or vegetable snacks at break times.
- To provide a welcoming eating environment that encourages the positive social interaction of pupils and teachers.

## **Specific Aspects of Food in School**

### **Break time snack**

All pupils are welcome to bring fruit or vegetables from home for the morning break time. Children in Key Stage 1 are provided with a free piece of fruit or vegetable each morning break time as part of the government's promotion of the 'Five-a-Day' scheme. Children may also bring a carton of squash or fruit juice to drink at break time. Milky or yoghurt drinks are not permitted at break time. Milk is available for all pupils and should be ordered through Cool Milk, details are on the website. Some children are eligible for free milk, the office will be able to give further information.

### **Water**

Plentiful drinking of water by school children has been recognised in improving behaviour and concentration. Therefore, all children are encouraged to bring a plastic water bottle for which they are responsible. Regular opportunities to drink water are given throughout the school day. Children are regularly reminded to drink water at break times.

### **School Lunches**

All of the school's lunches have undergone a thorough review by Chartwells, our contractors, to ensure that the children receive all the nutrients required for a

balanced diet. On a daily basis, pupils must be offered carbohydrates, proteins and vegetables on their plate. Every effort must be made to ensure that appropriate choices are available for all pupils throughout lunchtime. All meals provided must meet The Education (Nutritional Standards and Requirements for School Food) (England) Regulations 2007.

The School is committed to regularly publicising menu information received from the school's caterers to parents and carers. This information is made available in the school's newsletter, on the school's website, on the school notice boards and on request at the school office.

### **Packed Lunches**

The Food Standards Agency survey of packed lunchboxes showed that in general children's lunchboxes contained too much sugar, salt and fat and little fruit and vegetables. The school is committed to encouraging parents to provide healthy lunchboxes. These should be brought into school in the morning in a small container or lunch box. The school actively discourages some foods. Foods considered to be in this category include the following: sweets, chocolate, nuts and cereal bars containing nuts. Fizzy drinks are not allowed in school.

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. We encourage parents to include in lunchboxes those foods which will provide a balanced meal and are known to have a positive impact on the child's development. In accordance with the British Nutrition Foundation guidelines a child's packed lunch should include only the following:

- A portion of starchy food, preferably wholegrain;
- Fresh fruit and vegetables;
- A portion of milk or dairy food;
- Small portion of lean meat, fish or alternative
- A drink – fruit juice, diluted squash or water
- A small occasional treat e.g. small bag of crisps, chocolate covered biscuit

### **Party Food and Treats**

Parents are sometimes requested to bring in specific food items for school events. We ask parents to follow this policy and in addition all items will be checked for allergens etc. At school cake sales, food should only be sold to children if parents are present. If children wish to share birthday treats with their friends, we ask that these are given out after school and in the presence of parents to ensure children with allergies or intolerances do not inadvertently eat something which may cause them harm. This also ensures that children who cannot eat foods for religious reasons are taken account of.

### **The Dining Environment**

The school is committed to providing a welcoming eating environment that encourages the positive social interaction of pupils and teachers. The school aims to provide a calm, ordered environment conducive to good behaviour.

It is also committed to the following:

Active help for children who find the physical process of school dinners or packed lunch difficult – for example, carrying trays, opening tubs or packets.

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.

Provision of water jugs, containing clean water and cups on every table.

Encouraging children to wash their hands before eating.

### **Nut Free School**

At Bedfont Primary we have a policy of 'no nuts' due to the severity of some nut allergies in our pupils.

### **Food Allergy**

The School will regularly update its medical records of all children to identify those with food allergies. It is the responsibility of parents to advise of any changes in their children's dietary requirements. This information will be communicated to the school's caterers, and all relevant pupils, staff, caterers and anyone associated with food production visiting the school, thus ensuring all affected children are not unknowingly exposed to food allergens.

### **Role of the Governors**

Governors monitor and check that the school policy is upheld and are responsible for developing this policy in consultation with the school community.

### **Monitoring and Evaluation**

Evaluation of the progress made by the School in implementing and sustaining the aims and objectives of this Policy will be made by the Senior Leadership Team on an annual basis.