



# Beaconside Primary and Nursery School

## Food Policy

At Beaconside Primary and Nursery School we recognise the importance of food in our lives. We know that healthy eating is vital for good health and we understand that there is a strong link between a healthy diet and effective learning. We also recognise the importance of food related skills in enriching our social development and in celebrating, nurturing and increasing our appreciation of cultural diversity.

### Aims

- To maintain or improve the health of the whole school community through education – increasing knowledge and understanding of what constitutes a balanced diet and how to ensure that food is prepared healthily and safely.
- To ensure that children are well nourished at school – with every child having access to safe, tasty and nutritious food and water during the school day.
- To increase children’s knowledge of where their food comes from, food production, manufacturing, distribution and marketing and how these will impact upon their own lives and the environment.
- To ensure that the food provision in school reflects the ethical and medical needs of the staff and pupils e.g. catering for the needs of religious groups, vegetarians, people with specific food-related allergies.

These aims will be met in lessons through a cross-curricular approach, through shared eating times and through social and pastoral activities.

### Curriculum

The school will include, as it has in the past and will continue to include, work associated with healthy balanced diets in its curriculum.

In EYFS, KS 1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

- English provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.
- Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients, and understanding fractions in context.
- Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.
- RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.
- Food technology as part of DT provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking.
- PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

- Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.
- Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income.
- History provides insight into changes in diet and food over time.
- Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

### **Lunchtime**

All our hot school meals are provided by a contracted caterer, Shire Services, who has a healthy-food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide two daily options and a regular jacket potato and salad option, which pay regard to nutritional balance and healthy options.

Many children bring packed lunch to school and the school will provide information on healthy foods that should be included in lunch boxes from home. We actively encourage a healthy lunchbox and recommend that they should contain the following;

- A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured)

In addition, the school encourages a healthy diet and asks parents to consider the quantity and frequency of the following items in pupils' lunchboxes:

- Sweets, chocolate bars, etc.
- Crisps or any packet savoury snacks high in salt and fat.
- Sweet cakes, e.g. cakes, doughnuts, etc.

For the health and safety of children with nut allergies we recommend that the following are not included in pupils' lunchboxes:

- Nut bars
- Foods containing nuts
- Packets of nuts

### **The Food Environment**

The School will provide a safe and healthy eating environment for pupils, staff and visitors having lunch in the school.

- All children are required to sit at a table in order to eat their lunch.
- Children are required to eat all or at least try to eat most of the food provided, either by the school or in their lunch box.
- Lunchtime supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do

not eat their lunch or skip lunch, etc.

- Children are expected to behave whilst eating their lunches, be polite and helpful.
- If a child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them.
- If children are unsure of what the meal, or any meal item, is, they can ask the caterer or lunchtime supervisor to explain.
- Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition.
- Older pupils act as lunchtime monitors to support younger pupils during lunchtime and model expected behaviours.

### **Break Time Snacks**

All our under-5s are entitled to free milk and all EYFS and KS1 classes include a morning break time snack of fruit to all children. Children are given responsibility for passing the fruit to others and for helping to clear away. KS2 children are encouraged to bring either fruit or vegetables or other healthy items such as low fat yoghurt which they eat at playtime.

### **Water**

Water is freely available throughout the school day to all members of the school community. The children are actively encouraged to drink regularly and are allowed water bottles on their tables.

### **Partnership**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

We recognise the need to work closely with parents and the wider community. We will endeavour to keep parents informed of what we are teaching the children and why, as well as keeping them up to date with national and local health information and initiatives, working closely with the school nurse and other members of the health profession.

### **Health and Safety**

It is part of our normal school procedure that the children will be reminded to wash their hands after using the toilet and before eating, either with soap and water or hand sanitizer.

Food will be stored in appropriate places and parents will be reminded that the packed lunches have to be stored in the classroom/cloakrooms and be encouraged to use insulated packed lunch boxes. Catering staff will hold the required food hygiene certificates and all staff and parents involved in preparation of food will be aware of food safety and hygiene issues and behave accordingly.

As a staff we will be aware of the apparently growing tendency for eating disorders in younger children and ensure that we know how to recognise and respond appropriately should the need arise.

### **Monitoring and review**

The Headteacher, PSHE and DT subject leader are responsible for supporting colleagues in the delivery of the food policy. Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

This policy will be reviewed on a three yearly cycle.

Signed by:

Chair of FGB: Stuart Marks

Date: 22/01/2024

Headteacher: Lorraine Hadley

Date: 22/01/2024