

BRAMLEY VALE PRIMARY SCHOOL



# FOOD POLICY

18 November 2019

TLR – 116 – 18/19

(To be reviewed every 2 years)

### Motto

Our motto reflects what is most important to us and knowing that **Every child, Every day**, is in school, engaged in their learning, making good progress and being the best they can be.

### Values

We have **7 Bramley Vale values** we will support the children in developing...

1. **Pride** – A strong sense of sense pride in their work, achievements and appearance. To support peers valuing and celebrating their personal achievements. To demonstrate a sense of pride in our school, environment and the wider world.
2. **Positivity** - A positive attitude and approach to learning and life and trying to see the good in each experience. To help spread positivity throughout the school and wider community.
3. **Independence** – Self-confidence and self-belief to achieve their own personal success, both academically and physically.
4. **Resilience** – A developing ability to bounce back after a difficulty and help others to do the same. To recognise the rewards associated with battling through and overcoming tough challenges.
5. **Kindness** – To be kind to themselves and take time to practice mindfulness. To be kind to others, understanding we all have needs, feelings and beliefs that deserve respect. To demonstrate sympathy and empathy.
6. **A sense of adventure** – A passion for adventure, an appetite for fun and a willingness to take sensible risks. To broaden their experiences and skills by taking the plunge when new opportunities arise.
7. **Creativity** – A confidence to express their creative flair and personal passions and develop their imagination and resourcefulness.

### Aims

As a team, we work together to provide a safe, engaging learning environment with a unique 'family feel'.

We nurture the personal development needs of each learner and prepare our children for the future by developing confidence, a love of learning, positive relationships and coping skills.

We want children to have fun, play and laugh.

## Bramley Vale Primary School Food Policy

### Why do we have a food policy?

- To ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to our school.
- To make it clear that this school actively supports healthy eating throughout the school day because there is an important connection between a balanced diet and a student's ability to learn effectively.
- To ensure the school plays its part in the larger community by helping to promote family health and sustainable food and farming practices.

### What do we want to achieve?

- To ensure that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- To ensure the provision and consumption of food an enjoyable and safe experience.
- To ensure that the whole school community understands that a balanced diet is beneficial to health.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.
- To ensure that we meet all food standards for school food from School Food regulations 2014

## How our Food Policy is implemented?

1. School Ethos
2. Curriculum
3. Breakfast Club/ After School Club
4. Break time
5. Lunchtime
6. Staff and Visitors
7. School Visits and Events
8. Community Involvement
9. Enforcement

### School Ethos

The importance of a balanced diet is consistently communicated throughout the school day including trips and events. Staff are also encouraged to participate and model healthy eating as a valuable part of daily life.

It will be made clear that the emphasis placed on a balanced diet is to enable safe and effective learning as well as providing a foundation for good health.

### Curriculum

PSHE, Geography, Science, Food Technology, RE and Languages may all contribute to the curriculum delivery of food education.

Curriculum delivery will involve practical food experience delivered by properly trained staff and will be adequately resourced.

It may be appropriate for a wide variety of foods to be prepared and consumed within the curriculum or at a celebration. It is recognised that eating together 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 inter-generational bonds. The context of a balanced diet makes this entirely appropriate provided everyone's dietary needs are met. Foods containing high levels of sugar and salt will be avoided.

Sweets will rarely be used as rewards.

When working to raise funds for worthy causes, we do accept that cakes/treats etc... may be a part of this and acknowledge this is an important part of working together, to bring about change, as a school community. These occasions are rare and we do have a variety of ways to raise funds.

All pupils and staff have water freely available at all times and are able to refill bottles easily. Certain classrooms/subjects may wish to manage the intake of water for safety or behaviour management issues. This is acceptable as long as the principle above is fundamentally upheld.

### **Breakfast Club/After School Club**

The food offered is consistent with the school policy and monitored by the Head.

### **Break time**

At break times our pupils are only allowed to consume fruit and other healthy snacks (Derbyshire's recommended list). Fizzy drinks are not allowed. Water or milk is encouraged at breaks as well as water in the classroom. This is to ensure that pupils return to the classroom prepared and refreshed for learning. It will also help us to limit litter and control the environment to make it safer for pupils with allergies.

Food or drink sold to the pupils is consistent with this policy.

### **Lunchtime**

Lunches meet/exceed the national guidance. **All** pupils have a choice enabling them to eat healthily. No fizzy or sugared drinks are sold. Water is always freely available.

Pupils are encouraged to taste and eat new foods.

Staff, time and seating arrangements are sympathetic to a positive social eating environment for those buying lunches and those eating a packed meal.

Packed lunches are monitored as part of our healthy schools award criteria, and the curriculum encourages healthy sandwiches etc. Appropriate storage arrangements are made.

Any alterations to provision are communicated clearly after a full consultation process has taken place with staff and students.

Advice is given to parents annually (see appendix 1).

### **Special Events**

At special school events: fetes, fayres, parties, Christmas and discos. We will ensure that children are offered some treats, whilst also encouraging the inclusion of a balance of healthy choices.

We encourage parents who wish to send in food for special occasions (birthdays, return from holidays etc) to consider healthy alternatives and where possible give the parents of the child offered the treats the option to refuse.

### **Staff and Visitors**

Staff will be encouraged to model the food policy.

Visitors will be offered healthy refreshments or at least a choice which contains a healthy option.

### **Community Involvement**

At all stages the wider community will be involved in developing and implementing this policy. This will ensure that work is sustainable and that best practice is communicated. For example; practical healthy lunchbox advice at a parent event or school parliament generated healthy snacks list issued by them to parents.

### **Equal Opportunities**

Provision is allowed for special diets eg medical, cultural, vegetarian and for appropriate serving.

Free packed and cooked lunch provision will be handled sensitively.

### **Personnel**

The Head is responsible for food in school.

### **Monitoring and Evaluation**

The Head will monitor the effectiveness of this policy ensuring that training and resourcing are appropriate and up to date.

### **Policy Development and Review**

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff including the catering staff, Governors, LEA representatives, community dietitian, school community nurse and local Healthy School Standards representative.

This document is freely available to the entire school community. It has also been made available on the school web-site.

This policy will be reviewed on a bi-annual basis.

### **Policy Links**

PSHE

Science

Design and Technology

RE

Languages

Behaviour

Written by R. Heath November 2019

Due to be reviewed November 2021

**Water**

We encourage the children to keep hydrated throughout the day by drinking water which is freely available. If you would like your child to have their own water bottle, we sell them in the office for £1.50. Alternatively, you can send them with their own named water bottle. We only allow water in the classroom and other drinks at break and lunch. Thanks.

**Break Times**

Information with regards break time:

Early Years Foundation Stage have snacks provided by school at a cost of 30p a day.

Key Stage 1 get free fruit and don't need to bring money unless they want to buy a drink from the tuck shop.

Key Stage 2 can buy fruit/healthy snacks and drinks from tuck shop. Most items cost about 20p.

If children bring in their own snacks they must stick to the items off the following list:

**Foods**

White/Multi-grain/Wholemeal served with butter/margarine

Fruit Bread without spread

Malt Loaf

Fruit

Yogurt

Fromage Frais

Fresh Fruit

Tinned Fruit in natural juices

Dried fruit without sugar or salt

Seeds/nuts

**Drinks**

Milk

Fresh Fruit Juice

Vegetable Juice

Yogurt drinks

Smoothies

Water

**Guidance for lunchboxes**

It is recommended by health professionals that lunch boxes contain:

- a sandwich/wrap with a protein filling eg ham/chicken
- some fruit and/or veg/salad
- a piece of cheese or a yoghurt
- 1 treat such as a biscuit/crisps
- a drink of water/milk/fruit juice (preferably not squash)

Please note that: Sweets, chocolate bars, chewing gum and fizzy drinks are not allowed in school.