



Barleyhurst Park Primary School

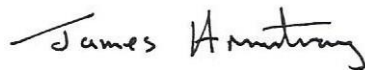
Barleyhurst Park Primary School

Whole School Food Policy

Approved by Governors

Date: 4th April 2019

Signed:

A handwritten signature in black ink, which appears to read "James Armstrong".

Chair of Governors



Barleyhurst Park Primary School

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This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events.

At Barleyhurst Park we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve.

We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

This school policy takes account of national guidance produced by the School Food Plan, Children's Food Trust, Change4life and information from the Department of Health and NHS.

This policy explains

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices.

1. Our Approach

We aim to

- Increase knowledge and awareness of a healthy diet through workshops and our PSHE and science curriculum
- Provide safe, tasty and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day
- Promote healthy eating/healthy food choices and discourage unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day.

2. Responsibility

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices.

The lead governor on health and safety ensures the policy is implemented.

Caters and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment. Parents receive the catering menu for the term and this is shared with the children.



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3. Teaching about healthy eating and cooking in the curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE and PE. We ensure that pupils are taught cooking from Foundation Stage up to Year 6, in line with the new National Curriculum and emphasise safety issues.

4. Training staff to deliver practical cooking lessons

Staff are involved in food preparation and cookery lessons, developing their understanding in food related issues including food hygiene. Staff teaching aspects of food with no formal training are supported by those who have.

5. School Lunches

All our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standards. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods. We work with families who are eligible for free school meals to encourage them to take this up and in KS1 we encourage all parents to take this up.

6. Playtime

Foundation Stage and Key Stage 1 are provided with a snack of fruit or vegetable at morning break. Any left-over fruit or vegetables are made available during afternoon break. Key Stage 2 children are encouraged to bring fruit for playtime snack.

Only healthy snacks are allowed at breaktime. Fizzy drinks, sweets and chocolate are not allowed in school or on school trips.

Milk is available to all pupils at morning break from the food technology room.

7. Breakfast club

The Breakfast Club is offered to all pupils and the food offered at Breakfast Club is healthy.

8. Allergies

See Allergens Policy

9. Rewards

We reward children for healthy eating with stickers.

10. Water for all

During school meal times only drinks which comply with the School Food Plan guidelines may be consumed including water, low sugar fruit juice and milk. If children bring in a sugary drink they will be asked to take it home and we talk to parents and carers and remind them of the food policy.

We have water fountains around the school and children are encouraged to drink water regularly throughout the day and have water bottles in class. Cooled water is available to staff and visitors in the staff room and in the meeting room.

11. Curriculum assessment and monitoring

Children's learning about healthy eating is assessed in line with the school's assessment policy through science and PSHE. A review of what is taught includes feedback from staff and pupils.