

BEREWOOD PRIMARY SCHOOL



Food Policy

Spring 2024

Revised by School	Spring 2024
Responsible Person	Headteacher
Responsible Committee	Full governing body
Ratified by GB	Spring 2024
Next Review	Spring 2027



BEREWOOD PRIMARY SCHOOL

A distinctive vision

At Berewood Primary School we see education as a journey of discovery to fire the imagination, to establish a sense of self, and to gain the confidence to take full part in the wider world.

An ethos of local partnership

Berewood Primary School and the University of Chichester Academy Trust share the belief that education has the power to transform society. Our school is deeply rooted in its locality and encourages the involvement and interest of parents and the community, recognising that strong and vibrant communities have partnership and inclusion at their heart.

FOOD POLICY

The purpose of this policy is to provide clear information about the roles and responsibilities of our school and the Governing Body in relation to healthy eating activities.

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them to understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should therefore be read in conjunction with our PSHCE, Sex and Relationships Policies.

The school recognises the important connection between a healthy diet and the ability to learn effectively.

Rationale

Berewood Primary School promotes health and wellbeing. We consider all elements of our work to ensure that we promote health awareness in all members of the school community. We aim to provide a valuable role model to our pupils and families with regard to food and healthy eating patterns.

Aims and objectives

- To ensure that we are giving consistent messages about food and healthy eating
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community

Role and responsibilities

The Governing Body monitors and evaluates the implementation of the food policy.

The Head teacher ensures that this policy is implemented and monitored in the day-to-day work of the school.

The Deputy Head teacher has attended a one-day basic food hygiene training course and is able to offer guidance on food preparation and cooking within the curriculum to staff.

A Food Hygiene Code of Practice is displayed in the technology room and included within this policy.

Implementation of the policy

We do not use vending machines in our school.

Snacks: All children may bring a savoury snack or a piece of fruit or vegetable to eat at playtime.

Special dietary needs / allergies: The school supports pupils with dietary needs whenever possible.

Food/Cooking across the Curriculum: Many aspects relating to food are covered in all areas of the curriculum and these are clarified in the appendix to the policy. All food is prepared and stored in line with the food hygiene code of practice and has been discussed with member of staff who holds a basic food hygiene certificate.

School lunches: Many children bring a packed lunch to school. Chocolate, sweets, fizzy drinks and all foods which contain nuts are not allowed.

Packed lunches, as well as a hot school lunch are available to all children and staff. It is provided by the HC3S, following their healthy food policy, and with regard to nutritional balance and healthy options.

Lunch times: There is a layered lunch plan which enables the whole school to sit and eat within the given hour and 30 minutes. This is working well and enables children to spend time with friends in other classes.

Children are reminded to wash their hands before eating their lunches and are encouraged to talk with their classmates and enjoy eating together. They are responsible for keeping their tables clean and tidying up after they have eaten. The pastoral care of pupils at lunch time is of great importance and is overseen by Teaching Assistants in the first instance.

Water for all:

All children have access to drinking water during the day. They may drink their water at any time, except during assembly, and are expected to take responsibility for the care and cleanliness of their bottles. Children must have their water ready and available at the start of each lesson and are discouraged from filling their bottles during lessons.

Water fountains are available for children who have not got a bottle in school.

Children may have juice or cordial in the lunch hall with their lunch if provided by their parent/carer.

School Council and the pupil voice: The responses of the School Council will be sought on matters relating to food policy and the implementation of the policy in their regular meetings. Occasionally a whole school audit is undertaken, and outcomes are used to inform future action plans.

Partnership with parents and carers: The partnership of home and school is vital in shaping how we work together to secure healthy lifestyles for our children.

Parents and carers are required to keep the school up-to-date about any allergies to food, including severe peanut allergies, enabling the school to plan for individual needs and requirements.

Parents and carers are regularly informed in newsletters, about water and packed lunch policies.

As part of transition, all Reception parents are invited to discuss the lunch options available to their children advice is given on what makes a healthy lunch. Parents are offered support for those tricky eaters and advised on where to find additional support. All are in line with advice given on the NHS Healthy Eating website which we offer to help increase knowledge and raise awareness about healthy eating.

During out of hours events, such as school discos and the fair, the school will expect the food policy to remain in place, offering a range of refreshments on sale to children.

Monitoring and Evaluation This policy will be reviewed by all staff and Governors as part of the 3 year policy review cycle.