

Bramham and Shadwell Federation

Healthy Food Policy

written in consultation with School Council

School Policy: Approved by the HT

Considered by the Pupils and Learning
Sub-committee
March 2020

Date to be reviewed: March 2022
School Policy

Signed: _____

Chair of Sub-committee



Aims:

- To ensure all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to the school.
- To ensure the children have an understanding of a balanced diet and the need for a range of foods (which foods we should eat more of and which foods should be eaten in moderation).
- To ensure the food environment is welcoming and calm thereby promoting our family ethos and providing children with a happy and pleasurable meal time.
- To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food.
- To make a positive contribution to children's health and Healthy Schools Status.
- To promote consistency between packed lunches and food provided by schools.
- To promote the use of waste free containers that can be washed and reused in order to limit waste in line with the school's work on sustainability.

Our School will:

- Work with our Head Cooks to ensure that menus are shared with parents on a termly basis (on website) and so that all ingredients are fresh.
- Work with our cooks so that all dishes prepared are made from scratch; home-made using fresh produce.
- Encourage a core group of parents to sample our menus and food on a termly basis and meet with our catering staff to develop food choices for children.
- Work alongside parents whose children have any special dietary requirements and needs. e.g. allergies, diabetes, celiac disease and cultural needs e.g. religious, vegetarian, vegan.
- Run a system whereby in the dining hall, a green band is worn by children who do not eat meat; a purple band is worn by those who do not eat meat or fish. (Older pupils on the table will remind the younger children to wear their bands and to show them to the lunch time staff who are serving food).
- Provide training for all staff for epipen protocol; this will be updated annually.
- Provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times for all children.
- Work with the pupils to provide attractive and appropriate dining room arrangements.
- Work with parents to ensure that packed lunches provide a healthy balanced meal.
- Ask parents to include cool packs to maintain freshness as we are unable to provide refrigeration.
- Encourage pupils to have waste free packed lunches.

We will encourage children to eat fruit by placing a bowl of chopped fruit on each dinner table before their meal.

In general, for healthy brain function, children will be encouraged to drink water throughout the day; children have access to a chilled water dispenser and / or a water fountain within school. Children may refill their own water bottles for use in the classroom.

At lunchtime, all children (school meal and packed lunch) will be provided with fresh drinking water. Juice from home is not permitted as it makes our tables and floor sticky when spilled.

For morning break children may bring their own fruit or healthy snack. This can include for example: fruit (fresh / dried), vegetable sticks, breadsticks. Many cereal bars contain large amounts of sugar and so we do not encourage these.

Packed Lunches

What should I include in my balanced packed lunch?

- 2 portions of fruit or salad or vegetables to help us fight illness
e.g. apple, carrot or cucumber sticks, plum, grapes
- Protein or other savoury filling to give us strength and stamina
e.g. fish, falafel, hummus, chickpeas, beef
- Starchy food to give us energy to play and work
e.g. bread, pastas rice, couscous, noodles, potatoes, cereals
- Milk and dairy products to keep our bones strong
e.g. milk, cheese, yoghurt, fromage frais, custard

What about snacks and treats?

- vegetables and fruit (with no added salt, sugar or fat)
- savoury crackers or breadsticks served with fruit, vegetables or dairy food cakes and biscuits, but not every day! (Encourage your child to eat these only as part of a balanced meal.)
- sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

Packed lunches should not include:

- Crisps or sweets
- Hot liquid or food stored in a thermos flask. There are two reasons for this decision. The first being that liquids / foods in a flask are generally very hot and can scald children. The second is that food kept at a temperature of lower than 63 degrees provides the optimum breeding condition for harmful microbes. Rice and meat products are particularly susceptible to the growth of harmful microbes.
- Nuts or food products that contain traces of nuts. We have several children who have severe allergic reactions to nuts.

Special diets and allergies

At Bramham and Shadwell Primary Schools we recognise that some pupils may require special diets. In this case parents are urged to ensure that packed lunches are as close to the guidance as possible, within the constraints of their child's requirements. Pupils are not permitted to swap food items.

Assessment, evaluation and reviewing:

- Lunch time supervisors will monitor food choices and food consumed by the children under the guidance of the senior lunch time supervisor
- School Council will discuss children's feelings about food in school.

- Food ambassadors will monitor the food being served and question pupils on preferred options
- Children on packed lunches will be encouraged to follow these guidelines by the Food Ambassadors.
- The packed lunch 'Table of the week' is awarded to the pupils on one table, who demonstrate good table manners and eat a healthy packed lunch.
- The Governors will monitor and evaluate the effect of the policy through the Nutrition Sub Committee. This committee meets with catering staff, the Head teacher and pupils to discuss further improvements to our catering and dining experience.

Involvement of parents/carers:

Parent Governors will be asked to be involved with School Meals and liaise with school Cook and the Head Teacher to develop menus and sample food.

Pupils are normally expected to eat lunch provided by school. However, we politely request that parents of pupils wishing to have packed lunches provide their children with a packed lunch that is in line with the Healthy Packed Lunch Policy.

Communication of the policy:

- The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter.
- The policy will be available on the school's website and will be incorporated into the school prospectus.
- The school will use opportunities such as parents' evenings and Health Week to promote this policy as part of a whole school approach to healthier eating.
- All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.

N.B. Many children bring sweets to school for the whole class to celebrate their birthday; these can be distributed at the end of the school day.

S. Richards and V. Wilson
Executive Head Teacher and Executive Deputy Head Teacher