



The policy was formulated through consultation between members of staff, governors, parents, pupils, and Be Smart consultant Sally Burrows.

St. Bridget's Whole School Food Policy

Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
2. To support pupils to make healthy food choices and be better prepared to learn and achieve
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

Food throughout the school day

1. Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day.

The school has a snack station offering a range of nutritious foods for children who have missed breakfast. There is also, fruit and milk available and any children staying to after school clubs are give a drink and snack such as toast.

2. School Lunches

School meals are provided by our own excellent kitchen staff and served between 12.00pm and 12.30pm in the dining areas. The school meals meet the mandatory requirements of the School Food Standards 2015. We have 5 stars from the environmental health and the quality of our food was described as, "Of an extremely high standard," by Be Smart catering consultants 2019. School meals are nutritionally balanced. The school meals menu can be found on our school website <https://eduspot.co.uk/>

3. Packed Lunches

The school's packed lunch policy is developed using guidance from the Children's Food Trust and following a consultation with parents. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches can include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible.
- 1 portion of fruit and 1 portion of vegetables or salad.
- Dairy food such as cheese or yoghurt .
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel.
- Oily fish once every 3 weeks e.g. sardines or salmon.
- Plain cakes or cakes that contain fruit , i.e. Flapjack , muffins.
- Dried fruit , raisin, sultanas , cranberries.
- Pasta salad.

Packed lunches should not include:

- Fizzy pop drinks
- Sweets
- Chocolate bars or Chocolate coated biscuits

Can occasionally include :

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars.
- Iced cakes with no confectionary.

The school provides water for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink.

4. Snacks

The school understands that healthy snacks can be an important part of the diet of young people.

In the Early Years & KS1, fruit and milk are provided .

KS2 children can buy milk via the Cool Milk company. Parents can register on line (www.coolmilk.com/register).

Fruit is available free up to the end of KS1.

KS2 children can buy fruit at a £1 per week. We offer this free to pupil premium children.

5. Drinks

The school is a water only school, with the exception of the free milk entitlement for all primary and secondary free school meal pupils. Water is provided from water dispensers and is chilled. Children are encouraged to bring and take responsibility for their own bottles.

6. School trips

A packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

7. Rewards and special occasions

Celebrations The school recognises the importance of celebrating birthdays and special occasions. For birthday celebrations we welcome any parents who would like to send in fruit for their child to share with the class on their birthday. If you do send a cake please give us a boxed one or a list of ingredients so we can guard against allergic reactions.

For celebration events, our kitchen may prepare a variety of foods, from different cultures, for children to try. Information will be on the website.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

8. Curricular and extra-curricular activity

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). The Eatwell model is used throughout the school (see appendix 1) as a model of understanding a balanced diet.

Termly clubs also support the teaching of food and healthy eating and include insert clubs e.g. cooking

The school has worked for some time with Phunky Foods to help educate children about healthy eating and lifestyles. Representatives visit school and lead sessions.

Staff delivering cooking sessions and clubs have achieved Level 2 in Food Safety and Hygiene.

9.Special dietary requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Staff have had allergy training (September 2019)

Individual care plans are created for pupils with food allergies.

As a small school we share information about pupil's food allergies with all staff

10. Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

Staff are welcome to purchase breakfast at the school breakfast club or a school dinner and are encouraged to eat this with the pupils.

11. Parents, carers and family members

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend.

12. Monitoring and review

This policy has been developed in consultation with our kitchen team, staff, pupils, parents/carers and governors. The policy will be reviewed every 2 years.