



# **Barnabas Oley School**

## **School Food Policy**

Version: 1.2

Reviewed: November 2017

Approved: Miss J Hodges (Chair Curriculum Committee)

Date: November 2017

## Revision History

<b>Version</b>	<b>Author</b>	<b>Summary</b>	<b>Review Date</b>	<b>Next Review</b>
1.0	Becky Smith	Original policy (new policy to incorporate Nutritional standards)	Nov 2013	Nov 2015
1.1	Curr Cmty	Minor change to 3.7	Nov 2015	Nov 2017
1.2	Curriculum	Vertas changes	Nov 2017	Nov 2019

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## 1 Introduction

In our school we are committed to promoting good nutrition and its importance for long-term health. It is our aim that all elements of school life should contribute to an environment which promotes a healthy lifestyle within the school and wider community, so that children develop positive attitudes to food, make informed choices and enjoy eating healthily.

We are signed up to Food for Life, a Soil Association initiative, which includes tried and tested approaches to transforming food culture in the school. We have created a SNAG group (School Nutrition Action Group), which plans and reviews actions to promote a positive food culture in school. The group is made up of Headteacher, teaching assistants, governors, pupils and parents.

## 2 Aims and Objectives

- To give consistent and coherent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness and the importance of a balanced diet
- To contribute to the healthy physical development of all members of our school community
- To support the '5 a day' campaign by encouraging children to eat 5 portions of fruit and vegetables a day

## 3 Application of the Food Policy:

### 3.1 Snacks

All Foundation Stage and Key Stage 1 children take part in the National Fruit and Vegetable Scheme which provides all infants with one free piece of fruit or vegetable per day. These are usually eaten during the morning. KS2 pupils may bring fruit, vegetables or a piece of cheese to eat at playtime – no other snack is allowed during break.

### 3.2 School lunches

All our school meals are provided by a contracted caterer who operates according to a healthy food policy. This includes fresh fruit and vegetables each day as a choice for the children. They provide a hot and cold option, both of which pay regard to nutritional balance and healthy options. No GM ingredients are used and the meals comply with all current nutritional standards. A vegetarian option is available each day and specific dietary requirements can be catered for. The menu is displayed on the school notice board and school website and can also be viewed on the Vertas website at: [www.eats-catering.co.uk/](http://www.eats-catering.co.uk/)

### 3.3 Packed Lunches

Some children bring a packed lunch to school. We encourage parents and children to make healthy lunchbox choices. Guidelines for packed lunches are provided in the school prospectus. Ideas for healthy packed lunches can be found on the following websites: [www.nhs.uk/change4life](http://www.nhs.uk/change4life); [www.nhs.uk.5aday](http://www.nhs.uk.5aday); [www.food.gov.uk](http://www.food.gov.uk); [www.eatwell.gov.uk](http://www.eatwell.gov.uk). We encourage children to include fruit and/or vegetables in their lunch boxes. We do not allow sweets or fizzy drinks in cans or glass bottles (including on school trips). We also have a 'no sharing' rule - as some children have food allergies it is very important that children eat only the food they are given.

### 3.4 Dining environment

All children eat their lunches together in the school hall, although in warm weather children may be asked to sit at the picnic tables in the school grounds to do this. Staff and parents are encouraged to eat with the children if they choose to do so.

### 3.5 Sweets

Sweets are not allowed to be brought in to school by children for consumption during the school day. Sweets should never be given as rewards or prizes in school.

### 3.6 Water for all

Children are encouraged to bring a bottle of fresh water into school each day and they may have access to it both in the classroom and during breaks. They may refill it from the designated drinking water taps. Water bottles are on sale in the school office. Only water may be drunk during the school day, except at lunch when children may drink juice or milk.

### 3.7 Food across the curriculum

At all stages of the curriculum there are opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns, teeth and eating, food hygiene, and practical skills such as preparing and cooking food. The Space Place is adapted for weekly cooking.

### 3.8 Extra-curricular and other events

During school clubs and out of school events the school encourages consideration of healthy dietary options in the range of refreshments made available.

### 3.9 Food allergies

All children who have recognised food allergies have relevant First Aid information provided for all staff on a photo spreadsheet, so that all possible concerns regarding food allergies are known.

Parents are required to notify the school of any changes in condition so that records can be updated accordingly.

***This policy should be read in conjunction with;***

- *First Aid policy*
- *Health and Safety policy*
- *Medicines in School policy*