



# Bishop Bridgeman Church of England Primary School

## Food In School Policy

### **Aims and Objectives**

- To ensure that children are given consistent messages about food and health
- To give our pupils the knowledge they need to make healthy lifestyle choices
- To promote awareness of health
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to work towards the '5 a day' target.

How is this to be achieved?

### **Breakfast club**

At Bishop Bridgeman we believe that breakfast is the most important meal of the day and we promote this to the children. We believe that food is important in helping children to be ready to start the school day and aid concentration. The breakfast club operates on a daily basis before school from 8.15am – 8.55 am. The food offered is healthy and consistent with promoting a healthy lifestyle. Toast, bread, fruit jam, fruit juice and water is provided. Children and adults are all encouraged to take part in the breakfast club.

### **Snack**

Children pay £1 per week for snack. Snacks are comprised of cheese, yoghurt, healthy option biscuits, fresh fruit, toast, breadsticks etc. Water is available all day within the classrooms.

Children also have the option of bringing their own snack to school. There are guidelines in place to support this. Crisps and sweets are not allowed as snack. Children are encouraged to bring fruit or cereal bars.

### **Fruit Scheme**

KS1 and the Foundation Stage children have access to fruit daily as part of the governments free fruit scheme. Foundation Stage children also receive a free carton of milk daily.

### **School Lunches and Packed Lunches**

All school lunches are provided by Bolton Environmental Services and are inline with DCES regulations. There are a variety of meals all offering a balanced and healthy menu. Fresh fruit and vegetables are offered daily and food groups are highlighted to the children via the whiteboard in the hall.

