



# 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 - 8.55am. 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.

Packed lunches are monitored for content by staff on duty and issues with diet discussed with parents in a supportive way. Fizzy drinks, sweets and chocolate are not allowed. School also sends home guidance on the content of packed lunches to support parents.

## **Water**

Water is freely available to all members of the school community. School also encourages the use of water bottles that can be kept with the children in the classrooms. Cups are kept by all sinks so children without bottles can access drinking water.

## **Food Across the Curriculum**

In Foundation Stage, KS1 and KS2 the children experience a variety of opportunities to develop their knowledge and understanding of health including healthy eating, hygiene and opportunities to research where food comes from and how it can be prepared and cooked. The curriculum provides chances for first hand experience of food preparation and cooking in Science, Design Technology and PSHE.

## **Allergies**

At Bishop Bridgeman our staff recognise the health issues related to allergies. Parents are encouraged to notify school of any allergies that the child might have, through the circulation of "data collection" sheets. The catering staff are informed and school meals adjusted to meet the needs of the child.

The school is a "peanut aware" school. Staff are aware of the seriousness of peanut allergies in children and take all reasonable steps to reduce the risks. Whilst we ask parents and children not to bring foods containing nuts into school, we are aware that many foods now state "may contain traces of nuts." These goods are not banned from school, but teachers are aware of the need to be vigilant (see risk assessment). Any cake sales and food products used as part of a celebration a notice will be displayed warning of potential allergies.

## **Partnership with Parents and Carers**

The partnership between school and home is a critical part of the development of children. Parents and carers are regularly updated on information about water and healthy food options

via newsletters and letters. There are also occasions where parents are invited into school to share children's learning at the end of topics.

Detailed guidance on how Bishop Bridgeman Church of England Primary School ensures its pupils stay safe can be found in the following policies and documents:

Safer Recruitment, Health & Safety, Behaviour, Anti-bullying, Equality, Confidentiality, drug education, E-safety, Sex and Relationships, Whistleblowing, Staff Code of Conduct, Asbestos, Intimate Care, Risk Assessments, Emergency / Critical Incidents Plan, Fire Procedures, Accident Reporting, Visitors in School, Attendance, Educational Visits.

Reviewed: 7<sup>th</sup> September 2016

Next review: September 2017