



BIRCH COPSE PRIMARY SCHOOL

WHOLE SCHOOL FOOD POLICY

NB. Section highlighted in red form part of the Policy Extracts for the Governing Board

Version

Version 1.2

Introduction

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. The policy should be read alongside the school's PSHE policy, Drug, Sex and Relationship Policies.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life threatening conditions as well as being helpful in tackling and preventing childhood obesity.

Rationale

Birch Copse is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Aims and objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to take part in the '5 a day' campaign

Settings for Food Policy

Snacks

All our under 5's are entitled to free milk. FS and KS1 classes are provided with a piece fruit or vegetable by the Government initiative. KS2 children bring fruit or vegetable which they eat at playtime – no other snack is allowed during break.

School lunches and packed lunches

All our school meals are provided by a contracted caterer who has a healthy food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. All meal options pay regard to nutritional balance. Under a Government initiative all children in FS and KS1 are entitled to free school lunches.

Many of the children bring a packed lunch to school. We regularly include reminders on the bulletin about the contents of these and we do not allow sweets, chocolate bars or fizzy drinks. Appropriate steps are taken to protect those children with food allergies.

Water for all

Cooled water is freely available throughout the day to all members of the school community from drinking fountains located around the school. The children are also encouraged to have a water bottle

(containing water only) with them in the classroom. The children are able to drink juice or squash at lunchtime.

Food across the curriculum

In FS, KS1 and KS2, there are a number of opportunities for pupils to develop their knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise. The children are also able to look at nutrition labelling.

R.E. provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and address issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Parents and carers are reminded regularly about healthy snacks and packed lunches through the newsletter. We ask parents and carers not to send in fizzy drinks and we remind them that only water may be drunk during the day, except at lunch when children may drink juice or squash.

During out of school events, e.g. school discos etc. the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children.

Role of the Governors and Local Authority

Governors monitor and check that the school policy is upheld. The school is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

Responsible officer

Headteacher

Date of last review: 7th December 2021

Dates of amendments: 9th February 2010, 7th December 2021

Date of next review: December 2024