

# Barnburgh Primary Academy



## WHOLE SCHOOL FOOD POLICY

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## 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. This school food policy is co-ordinated by Mr Fudge (Healthy Schools Coordinator).

**Barnburgh school and kitchen is a nut free environment. Therefore, we do not allow any products that contain nuts anywhere on the school premises.**

## 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 from Early Years to Year 6.
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.
4. To ensure that the whole school day complies with the food policy.

## FOOD THROUGHOUT THE SCHOOL DAY

Breakfast is an important meal that should provide energy and support pupils to be ready to learn at the start of each day.

Barney's (outside provider) run a daily breakfast club for pupils from 7:30am – 8.20am.

The breakfast menu includes: cereal, toast and fruit along with milk and water.

## SCHOOL LUNCHES

School meals are served between 12pm-1pm in the dining hall with the exception of Early Years who are served their dinner at 11:40. School meals are planned on a 3 week cycle and always contain a meat and vegetarian option with a fish option on a Friday. Alongside this, jacket potatoes with various fillings and sandwiches are available as well as a portion of salad/fruit. All our menus comply with current food and nutritional standards. The school menu is provided by Doncaster schools catering and is available on the school website.

## PACKED LUNCHES

The aim of the school's packed lunch policy is to support and encourage pupils to have a balanced lunch to best prepare them for learning in the afternoon. Children will be praised for healthy choices such as vegetables and fruit. Where packed lunches are brought into school that are not in line with the policy, a discrete conversation will take place with the child to ensure they are aware of healthier choices. If a child regularly brings in a packed lunch that is not in line with the policy, then the school will contact the parents to discuss this.

### **Packed lunches should aim to include:**

- At least one portion of fruit and one portion of vegetables every day.
- Meat, eggs, tuna, chicken, turkey or a non-dairy protein such as beans, quorn, hummus.
- A starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day.
- A dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- A drink of water or 150ml carton of fruit juice or vegetable juice.

### **Packed lunches can occasionally include (in moderation):**

- Meat products such as sausage rolls, individual pies, processed meat and sausages.
- Crisps and other salted snack foods.
- Pasta or soup that is placed in the appropriate hot storage container.

### **Packed lunches should NOT include (In line with the school meal guidance):**

- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets.
- Fizzy drinks and energy drinks (it is the carbonation in these that can contribute to tooth decay).
- Any type of product that contains nuts.

## SNACKS

The school understands that healthy and nutritious snacks can be an important part of the diet of young people. Snacks are provided during the morning for our KS1 children (this is a free scheme) and includes: carrots, apples, pears, raisins along with other healthy options. KS2 children are encouraged and welcome to bring their own fruit (fresh or dried) and vegetables to be eaten during the morning break.

## DRINKS IN THE CLASSROOM

The school is 'water only' in the classroom, with the exception of the under 5's free milk entitlement and those children who parents pay for milk via the Cool Milk scheme. Water is provided if necessary, but children are encouraged to bring their own water bottles daily. These need to be clearly labelled, stored in the tray provided and brought home at the end of each school day.

## SCHOOL TRIPS

A packed lunch can be provided by the school for all children at the same price as the standard school meal. Packed lunches are provided for children who qualify for free school meals or the statutory universal free school meal scheme. These packed lunches include a sandwich, water, fruit and a plain biscuit. Children are welcome to bring their own packed lunches on school trips. However, these lunches must adhere to the same food and drink guidance described above.

## REWARDS AND SPECIAL OCCASIONS

The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including celebration assemblies. Special occasions such as Christmas celebrations, PTA events, Easter etc may include a sweet treat. We will always inform parents in advance of a special occasion and parents will always have the opportunity to decline the offer of a sweet treat for their child. In these circumstances, the sweet treat will be replaced by a piece of fruit or vegetable.

## CURRICULAR AND EXTRA-CURRICULUM ACTIVITY

Food and nutrition are taught at an appropriate level throughout each key stage. For sporting events off site, children are welcome to bring their own fruit.

## SPECIAL DIETARY REQUIREMENTS

The school does everything possible to accommodate pupils specialist dietary requirements including allergies, intolerances, other medical conditions, religious or cultural practices. Individual care plans are created for pupils with food allergies and intolerances and the lead member of staff will ensure that everyone is aware of how to accommodate for these pupils. Pupil's food allergies are displayed in a sensitive way in appropriate places around the school including the school kitchen.. We review and update health food plans every half term and liaise with kitchen staff half termly.

**Barnburgh school is compliant with Natasha's Law.**

**As stated Previously Barnburgh school and kitchen is a nut free environment. Therefore, we do not allow any products that contain nuts anywhere on the school premises.**

## EXPECTATION 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, which is in line with the policy, when in the company of pupils.

## 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.