



As a church school, our vision is for each child to have a love of learning, hope, confidence, wisdom and respect for all.

“Life in all its fullness”

John 10:10

St Peter's Brafferton CE VA Primary School

Healthy Eating Policy

Introduction

St Peter's Brafferton CE VA Primary 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. The policy was formulated through consultation between members of staff, governors, parents and pupils.

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
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

Scope

This policy is for staff, governors, parents and pupils.

Principles

This policy and approach is designed to support pupils to make healthy choices with their food across the school day and to understand why healthy eating is important. It also supports wider curriculum learning.

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The school runs a daily breakfast club for pupils from 8.00am – 8.50am. The breakfast menu includes a selection of healthy cereals, fresh orange and apple juice, wholemeal bread and cheese and

condiments. The breakfast club also have special events such as Pancake Day and Year 6 breakfast day.

School meals

School meals are provided by North Yorkshire Catering and served between 12-12.30pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015. School meals are planned on a 3 week cycle and always include a vegetarian option. The school meals menu can be found on our school website.

Packed lunches

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon. Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon

Packed lunches – we don't promote or recommend:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Sweets
- Processed and pre-packed foods e.g. sausage rolls and dunkers
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts

If we feel a packed lunch is not promoting healthy eating, we will support families to make healthier choices through information sharing and leaflets/posters etc.

The school provides water for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink.

Snacks

The school understands that healthy snacks can be an important part of the diet of young people. In the Early Years, snacks are provided during the morning and include: fresh fruit or carrots. Pupils are able to bring a fresh fruit/vegetable snack into school to eat at break-times.

After school snacks are provided by the school and include a selection of wholemeal toast, fresh fruit, crumpets, tea cake and beans on toast.

Drinks

The school is a water only school, with the exception of milk provided to nursery and Reception children, and also as requested by parents. Water is available throughout the day-children should bring their water bottle cleaned and refilled each day.

School trips

A packed lunch will be provided by the school for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

Rewards

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:

- Certificates
- House points
- Stickers

Curricular/extra-curricular activity

Food and nutrition is taught at an appropriate level throughout each Key Stage in Science, PSHE and Design Technology (cooking and nutrition). The Eatwell model is used throughout the school (see attached) as a model of understanding a balanced diet.

Special dietary requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with food allergies and the lead member of staff for this is the School Cook. Pupil's food allergies are displayed in a sensitive way (photos and allergy descriptions) in the school kitchen and attached to each class register.

We do understand that some pupils may have eating difficulties/disorders such as pupils with SEND and they may need bespoke arrangements. The Headteacher/SENDCo will discuss individual requirements with parents and refer to professional guidance on this.

Expectations 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 and in line with the policy, when in the company of pupils. Staff are welcome to purchase breakfast at the school breakfast club and are encouraged to eat this with the pupils. Teaching staff are also encouraged to eat a school lunch and sit with pupils in the dining hall.

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. Links to the Change4 life <https://www.nhs.uk/change4life> with family friendly healthy eating recipes will be included in school newsletters throughout the year.

Coffee mornings, events and school lunch tastings are delivered throughout the year for family members to attend. We will encourage healthy treats, on occasion, some sweet treats are acceptable.

Role of Headteacher

- To ensure this policy is adhered to
- To communicate this policy with parents and stakeholders
- To ensure the curriculum includes healthy eating and support pupils understanding of healthy lifestyles
- To work with parents if there is a known eating issue so that both parties can work collaboratively
- To share information with parents about healthy eating/packed lunch choices
- To communicate with the School Cook on a regular basis about school lunches
- To meet with the Catering Manager once a term to discuss the menu choices and ensure they are consistent with this policy

Role of governing body

- To monitor and oversee this policy

Role of parents

- To follow this policy and encourage their children to eat healthily
- To liaise with school when there is a known issue so both parties can work collaboratively

Monitoring and review

The Headteacher will monitor this policy. It has been developed in consultation with staff, pupils, parents/carers and governors. The policy will be reviewed every 3 years.

Policy agreed by Full Governing Body

Reviewed: Jan 2023

Next review: Jan 2026

Monitoring cycle: 3 yearly