

Beam County Primary School

Food policy



Mission Statement

We will provide good quality, affordable, healthy food in school whilst respecting the environment. We will encourage all food brought into school to be good quality and healthy too.

Through education, we will equip pupils and their families with ways to maintain healthy eating habits.

Our Goals

The school recognises the important role that healthy food and drink, in a pleasant dining environment, at lunchtimes plays in the good health and learning potential of our pupils. The school will therefore make healthy school lunches and dining experience a priority.

Food provided by the school at any time, will also be healthy and nutritious.

Food education will play a fundamental part in our curriculum. Staff will be well equipped to educate our pupils about food.

The whole school community will be consulted and updated on school food issues.

We will attempt to increase the confidence in school food and increase school meal uptake.

Lunchtimes

A nutritious and tasty meal will be available to pupils and staff at lunchtimes in a pleasant environment.

We will achieve this by:

- Serving the Food for Life Silver Award menu and adhering to its targets of 75% freshly prepared food. Considering the dietary requirements of all pupils and addressing issues of seasonality, animal welfare and sustainable fishing.
- Compliance to the Government's School Food Plan.
- Ensuring lunchtime supervisors are well trained and familiar with the school's food policies.
- Providing food of consistent nutritional quality at lunchtimes which as a minimum meets the current Government's food standards and regulations. Please see our packed lunch policy (below) for further information; e.g. food should be wholegrain whenever possible, contain no additives, be low in sugar and provide at least one portion of fruit and vegetables.
- Provide an enjoyable lunchtime experience and environment.
- Ensuring that reception pupils, and other pupils who may require it, receive extra support in the dining room to allow them to feel confident at lunchtimes.

- Involving parents and guardians in an ongoing healthy packed lunch campaign. (Please see attached our Healthy Packed Lunch Guidelines).
- Offering extra support and guidance to families on the benefits of healthy eating if appropriate.

Drinks

We will ensure that pupils are encouraged to drink healthy drinks throughout the school day to maintain optimum hydration.

We will achieve this by:

- Providing pupils with access to free, clean and palatable drinking water throughout the day. The consumption of water is encouraged regularly by classroom staff in classrooms (at least once in the morning and once in the afternoon) and by lunchtime supervisors at lunchtimes.
- Ensuring that when other drinks are provided by school, they should be milk or milk/yoghurt based drinks. Drinks provided by school should not contain added sugars or sweeteners.
- When pupils bring drinks into school we will encourage them to bring similarly healthy drinks.

Breakfast

Food provided at breakfast times will be similarly nutritious.

We will achieve this by:

- Setting our standards for breakfast as high as at lunchtimes. An ideal school breakfast should consist of one portion of fruit (this can be fruit juice), some form of complex/wholegrain carbohydrate, some dairy produce and be low in sugar and salt.
- Pupils will be able to enjoy their breakfast in a pleasant environment seated at a table whilst chatting to their friends.

Break Time Snacks

Pupils will be allowed the opportunity to purchase a healthy drink and/or snack at morning break time.

We will do this by:

- Adhering to our drinks policy above.
- Offering healthy snacks such as fruit and vegetable sticks.

School Trips

Pupils will be encouraged to bring a healthy packed lunch along on school trips.

We will achieve this by:

- Including a brief reminder of what constitutes a healthy packed lunch in the school trip letter sent out to parents.

Learning

A well planned curriculum, including practical sessions, that covers nutrition, food hygiene and ethical food production will be provided.

We will achieve this by:

- Helping pupils to understand the importance of a well balanced diet.
- Giving pupils the opportunity to plan, prepare and cook healthy, tasty meals. (we may need a review of school equipment here to see what is currently possible and/or required)
- Giving pupils the opportunity to learn about the growing and farming of food and its impact on the environment.
- Encouraging pupils to eat and cook with vegetables that they have grown at home and/or within school.

This policy will be monitored by the Healthy Food Team termly with annual reports to the governing body. It will be reviewed every other year. If you would like to make any comments about the policy please feel free to contact us via the school office.

Healthy Lunchtime Policy

- Have a seat whilst you're eating at the dining table. Take your time, enjoy your food and eat as much as you can.
- Enjoy a chat with your friends but please don't shout.
- A knife and fork should be used to eat school dinners and a spoon to eat puddings.
- Try to eat one portion of fruit and one portion of vegetables every lunch time to help you to be healthy and to reach your 'five a day'.
- Make sure you have a drink every lunch time. Never pour water back in the jugs.
- Be kind and polite to everyone. Always say please and thank you when necessary.
- Try to keep the hall a nice place to be. Eat carefully to avoid spillages and let the dining room staff know if a spillage does happen.
- Make sure your tray is cleared away properly and any rubbish goes in the bin or back in your lunch box.
- Try to be patient and behave nicely when you are queuing up.