

Bedenham Primary School

Whole School Food Policy



We are a chocolate and nut-free school!

This policy was written using a range of national documents, including:

- Food in schools toolkit (Department of Health)
- Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council (NGC), 2005).

The whole-school food policy covers the areas of:

- Breakfast club
- Break time snacks brought from outside school
- KS1 Fruit and Vegetable Scheme
- School lunches
- Packed lunches
- Water
- Curriculum

Overall aim of the policy:

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to the school.

We aim to:

- Help our pupils acquire the skills and knowledge to make healthy choices and set a good example by offering healthy food and drink, across the whole school day.
- Integrate our aims into all aspects of school life, including food provision within the school and the curriculum.

Breakfast club:

At Bedenham we offer children the opportunity to access a low cost healthy breakfast. Children are welcomed into the dining hall from 08:15am to eat breakfast together.

- 1 Only wholegrain cereals will be available.
- 2 Wholemeal or 50/50 bread will be used for toast.
- 3 A variety of low salt, low sugar, low fat spreads will be available.

The adults running breakfast club have completed food safety training.

Break time snacks brought from outside school:

Children in KS2 are encouraged to bring a healthy snack into school for morning break time. Children are only permitted to bring in a fruit or vegetable snack. Children are not allowed to bring in seeds or nuts for snacks as there are a number of children with nut allergies at the school.

Break time snacks given at school:

During KS1 children are provided with a daily fruit and vegetable snack such as apples, bananas, pears, carrots etc. If children would prefer they may bring their own fruit or vegetable snack.

School Dinners:

Our school dinners are provided by Hampshire catering service HC3S. HC3S state that:

“The main item can be a meat or non-meat choice and comes with a carbohydrate (i.e. potatoes, rice, pasta). Each child has the daily option of vegetables and salad with their main item, and of fresh fruit for dessert.”

HC3S have agreed to take all chocolate off their menus at Bedenham.

Packed Lunches:

As a Healthy School, that prides itself on encouraging children to have a balanced diet, children at Bedenham are asked not to bring any food items containing chocolate into school. These items are seen as 'treats' and should be saved for at home.

At Bedenham we have a strict policy of no food swapping due to a number of allergies that are present.

Water:

We encourage pupils to drink at frequent intervals throughout the day.

- Children are provided with a water bottle to be kept in the classroom so they have access to water throughout the day. These are filled each morning and emptied at the end of each day.
- Water will be freely available at lunchtime.
- Water bottles are regularly washed in school
- After physical activity and during hot weather, children will be encouraged to drink more water.

Curriculum:

This policy encompasses nutrition education in the curriculum. Healthy eating will be covered within the personal, social and health education (PSHE), DT and science curriculum. Children will learn about the importance of a balanced diet and will complete activities designed to provide an understanding of what a balanced diet constitutes.

- Children will have opportunities to cook and prepare food through the DT curriculum.
- Healthy eating messages will be taught as part of looking after yourself in PSHE.
- There will be consistent messages across the curriculum about healthy eating.
- Healthy foods will be actively promoted through regular tasting sessions.
- All children will learn and apply the principles of food hygiene through DT and PSHE.
- Children will learn and apply the principles of a balanced diet and how diet affects health through Science and PE.

Staff and Training:

- The DT manager will attend courses relating to food technology. Any information will be shared at staff meetings.
- Breakfast club staff have had food safety training.
- The science manager may provide information regarding healthy eating in the curriculum.

Reviewing the policy:

- This policy will be reviewed if any new initiatives come into force.
- The school will liaise with the school caterer, HC3S, to ensure high-quality cooked meals, which meet government nutritional standards, are available. Any changes to the service provided will be updated in the policy.

Consultation with School council:

The school council 'Health & Wellbeing' committee have been consulted and they had the opportunity to feedback comments from their classmates. The vast majority of the school agreed with the content of this policy.

First Approved by governors: 27 Jan 2014

Reviewed at the Governing Body Meeting on: 27.01.14 Minute Reference: 11

To be reviewed:



Chair of governors: _____

Headteacher: _____

