

# Broomfield School

## Food Policy

Written by	D Simpson (Deputy Headteacher)
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Broomfield School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices.

Broomfield School is a UNICEF Rights Respecting School. The Rights Respecting Schools Award (RRSA) recognises a commitment to putting the United Nations Convention on the Rights of the Child (CRC) at the heart of our school's planning, policies, practice and ethos. A rights-respecting school not only teaches about children's rights, but also models promoting and protecting children's rights.

### Article 24 of the UNCRC

*You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and the information you need to help you stay well.*

## **Aims**

The main aims of our school food policy are as follows:

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
4. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills, including food preparation
5. To ensure that all members of the school community are able to make informed choices and are aware of the importance of healthy food, where food comes from and the need to support sustainable food and farming practices

## **Equal Opportunities**

In healthy eating, as in all other areas of the curriculum, we recognise the value of the individual and strive to provide equal access of opportunity for all.

## **Curriculum**

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design and Technology (cooking and nutrition). We use the Kapow scheme of work as the framework for our Design and Technology curriculum. In the Kapow scheme of work, there is at least one Cooking and Nutrition Unit in every year group.

As part of their work with food, pupils are taught how to cook and apply the principles of nutrition and healthy eating. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. All pupils are taught the basic principles of a healthy and varied diet, to prepare simple dishes and understand where food comes from. Children are also taught about good food hygiene.

The school recognises that food has a great potential for cross curricular work and is incorporated in teaching of a variety of subjects in addition to science and PSHE.

## **Food and Drink Provision Throughout the School Day**

School meals are provided by North Yorkshire County Caterers and served between 12:00pm - 1:00pm 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 contain a range of meat, fish and vegetarian options. The school meals menu is sent out to parents/carers termly via ClassDojo and is also available from our school website.

From September 2014, all children in reception, Year 1 and Year 2 in state-funded schools in England have been eligible for free school lunches. Our school fully supports this initiative, encouraging children to have their free school meal. Research shows that a school lunch is nutritionally superior to most packed lunches and can lead to improved behaviour attainment.

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. Staff should inform the DSL or Deputy DSL if a child is consistently being denied the opportunity to eat a nutritious breakfast, or if there are any other concerns around the provision of healthy food at home.

For children attending the breakfast club on our school site, run by our partner Rosedene Nurseries, a healthy breakfast is provided for children each morning.

### **Fruit Scheme/Snacks**

The School is part of the National Fruit and Vegetable Scheme. Children in EYFS and KS1 are provided with a fresh fruit or vegetable snack to eat each day. At the time of writing this policy, this provision has also been extended to all pupils in KS2. This has been funded through the receipt of a Tesco Community Grant. We will endeavour to continue this provision by securing alternative funding once the current funding has run out.

Children bringing a snack from home are asked to only bring fruit or vegetable based snacks.

### **Milk**

The new Food Standards require that milk must be available for drinking at least once per day during school hours for pupils under 5 years old. This standard is not met by providing milk at breakfast or after school clubs. This standard can be fulfilled by being part of the Cool Milk Scheme. Pupils having a cooked school meal will also have the correct milk content as part of the school meal diet.

<https://www.coolmilk.com/>

### **Use of Food as a Reward**

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school. Pupils are allowed to bring in sweets to give out at the end of the day to their class friends to celebrate their birthday. Children are taught that it is OK to eat sweets occasionally, as a treat, but not OK to eat them as part of their regular diet.

### **Drinking Water**

Drinking water is available to all pupils, every day, and free of charge. Pupils are encouraged to bring in their own water bottle to have during the day. Pupils are encouraged to drink regularly, especially during periods of physical activity and during hot spells of weather.

### **Packed Lunches**

Packed lunches prepared by the school caterers adhere to the Government Food Lunch Standards. The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the 'eatwell plate'. Information to help parents/carers make healthy choices when preparing packed lunches is shared via ClassDojo and also by sending home the North Yorkshire Healthy Schools information leaflets. Fizzy drinks, sweets or chocolate bars should not be included in children's packed lunches.

All lunch boxes should be clearly named to ensure that children's lunches don't get mixed up, as children's lunch boxes often look identical.

### **Food Allergies**

All parents are asked when their child enrolls at the school if they have any food allergies. This information is passed onto all staff, including our catering staff. We are a 'nut free' school and do not permit the use of any foods containing nuts for any cooking activities. Parents and the PTA are also advised to be nut free when sending in birthday treats or for cake sales.

Pupils who have particular food allergies have their photo taken and this is displayed in the Staff Room and the school kitchen alongside information about the specific allergy(ies).

### **Cultural and religious diets**

Many people follow diets related to their culture or religious beliefs and the school will make every effort to provide meals for all children. Our school has a robust procedure in place for parents/carers to inform the school of any special dietary requirements. This information is recorded on the pupil's record on our MIS and flags a reminder every time a school meal is ordered so the class teacher can check that the meal choice is suitable.

### **Food Safety**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

The principles of this policy incorporate those outlined in the School Food Plan  
<http://www.schoolfoodplan.com/>

The nutritional principles of this policy are based on the 'eatwell plate'  
<http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx>

