

# Brooke Church of England Voluntary Controlled Primary School



## Food Policy

December 2017

Signed by Governors

-----

To be reviewed December 2020

## **Policy Statement**

Brooke VC Primary School is committed to being a healthy school. We promote healthy eating by educating and encouraging the children to make healthy food choices, and helping our pupils develop the skills to take responsibility for the choices they make. We also recognise that parents have the right to decide what their children eat.

## **Aims**

- To ensure that all aspects of food and nutrition in the school help promote the health and well-being of our pupils.
- To ensure that food provided across the school day meets the DCSF nutrient and food-based standards.
- To ensure we all have access to fresh clean drinking water at all times.

## **Teaching about food and nutrition**

The overall aim is to help children learn about healthy eating within the curriculum.

### Curriculum

- Science
- Design and Technology
- PSHE
- History
- Geography
- R.E
- Primary Languages
- ICT

## **Extra-curricular activities**

Gardening Club

## **Food Provision**

The food provided within school meets, or exceeds the latest mandatory standards from the DFE.

### ***Break time***

Pupils are encouraged to bring a healthy snack in a named container. This supports our environmental commitment to reducing waste. Foundation and KS1 participate in the NHS Fruit scheme as an addition to their healthy snacks.

### ***Lunch time***

All pupils have the option to have a hot dinner cooked in our own kitchen or bring a packed lunch to school. Hot lunches are eaten in the hall with all children sitting together, sharing the mealtime. We promote positive social interaction by encouraging pupils to engage in quiet conversation whilst

eating together. Pupils are also taught some mealtime etiquette insofar as they are not allowed to leave until everyone on their table has finished and the table has been cleared.

### **Hot Meals**

Hot meals are prepared in our own kitchen by our catering team. Meals comply with the nutrient and food-based standards. We produce an exciting and varied half termly menu and we encourage pupils to try things they have not tried before. Meals can be ordered for any day of the week. Menus for the hot lunches are distributed to all parents each term, they are on our website and in the main school corridor.

### **Packed Lunches**

Packed lunches can be brought into school, or purchased from the school as with hot lunches. Packed lunches are stored either on the lunchbox trolleys away from any source of heat, but not in a cooled environment. The content of a packed lunch is the parent's responsibility. Advice is available for parents on our website about how to make a healthy packed lunch.

### **Inclusion**

We are aware of particular dietary needs. Medical, cultural, religious and ethical requirements are all accommodated.

### **Water Provision**

All pupils have access to clean drinking water throughout the school day. Water coolers have been installed. Pupils are asked to bring a named cup to school which is stored in the classroom. Drinking water is available in the dining hall during lunch time.

### **Breakfast Club**

We run a Breakfast Club each morning to aid parents who need the facility. All food there meets the same nutritional guidelines.