



St Bartholomew's
Primary Academy

'Hand in hand we learn, we grow, we soar'

FOOD AND HEALTHY EATING POLICY

Policy Date: September 2024

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Diocese of Salisbury
Academy Trust

Person 26/11/24.

J. Oakes

26/11/24

1. Vision

In our school we are committed to giving all our children consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the lifestyle choices they make.

Our school is now recognised and registered as a 'Healthy School'. We consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to children and their families with regard to food and healthy-eating patterns. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment that supports a healthy lifestyle.

The school supports the 'at least 5-A-DAY' campaign to encourage children to eat at least five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

2. Aims and Objectives

To ensure that all aspects of food and drink in school promote the health and well-being of pupils, staff and visitors to our school.

Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical and mental development of all members of our school community

3. Snacks

As part of a government initiative, Foundation and KS1 children have a snack of seasonal fruit or vegetable available to every pupil each playtime. Reception children are provided with a carton of milk to drink each day up until the day they turn 5. After this, parents of children may pay for the carton of milk if they wish. All children have easy access to a drinking water supply and are encouraged to have their own water bottle in their classroom. Key Stage 2 children are encouraged to bring a healthy snack into school to eat at break time.

4. School Meals

St. Bartholomew's Primary Academy recognises the benefits of a well-balanced hot school meal for children, in the middle of the day, and would recommend to parents that this as the best option. Meals are prepared and cooked at St Bartholomew's Primary Academy by Edwards and Ward. Edwards and Ward follow all relevant and up to date guidelines regarding healthy foods and nutrition and each menu is planned by a qualified nutritionist to ensure each meal is well balanced and healthy.

St Bartholomew's is a 'nut-free' school. There are no nuts or products containing nuts in any of the meals or desserts provided due to a small number of children having severe nut allergies.

5. Packed Lunches

It is recognised that some parents may wish to provide a packed lunch for their child from home. We would ask that parents note the following guidelines set out by the British Nutrition Foundation when preparing packed lunches.

A child's lunch should include only the following:

- A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc.
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured).

In addition, the school requests that parents do not include the following items in packed lunches:

- Sweets (including Winders) or chocolate.
- Fizzy drinks/sugary drinks
- Any food items containing nuts, due to a number of children in school having severe nut allergies.

And limit the following items to a minimum:

- Crisps or any packet savoury snacks high in salt and fat
- Sweet cakes, e.g. sugary cakes, doughnuts, etc.

Although St Bartholomew's Primary Academy provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school.

6. Eating Environment

St. Bartholomew's Primary Academy will provide a safe and healthy eating environment for pupils, staff and visitors having lunch at midday in the school.

We will provide a clean, sociable environment to eat in. In doing so, the school requests children adhere to the following rules:

- All children are required to sit at a table for a reasonable time length, in order to eat their lunch
- Children are required to eat all or at least try to eat most of the food provided, either by the school or in their lunch box
- All litter, from lunch boxes brought in from home, must be taken home at the end of the school day. This is to ensure that parents can see what their child has eaten.
- Lunchtime supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch or skip lunch, etc.

- Children are expected to behave well whilst eating their lunches and to be polite and helpful
- If a child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them
- If children are unsure of what the meal, or any meal item, is, they can ask the caterer or supervisory assistant to explain
- Caterers and supervisory assistants will thank children for following the rules and behaving well, as children should thank them for their help and assistance
- Children leave the area where they have eaten their lunch in a reasonably clean and tidy condition

7. Lunchtime Behaviour

St. Bartholomew's Primary Academy will reward pupils for good meal time etiquette and good behaviour with purple stickers, which can be taken back to their classroom and stuck onto the child's individual sticker chart.

In the event of poor behaviour choices, the Behaviour Policy will be followed.

8. Breakfast Bar

St Bartholomew's Primary Academy provides a Breakfast Bar which is open to all children. It is aimed at providing a happy, welcoming place at the start of the school day where children can go to consume a healthy breakfast in a sociable environment. Food provided is in line with the requirements from the Department of Education.

Please see the Breakfast Bar policy for further information.

9. Healthy Eating in the Curriculum

St. Bartholomew's Primary Academy includes work associated with healthy balanced diets which is in line with the National Curriculum.

10. A Balanced Diet

At St Bartholomew's Primary Academy we also recognise that snacks and treats can be enjoyed as part of a healthy balanced diet, if eaten occasionally, and believe that this is an important message to reinforce to our children. We will, therefore, on the odd special occasion, promote these treats by holding cake sales, at Christmas parties and School Discos. However, the overriding message to our children is that healthy lifestyle choices help to maintain a healthy body. We also recognise that children sometimes like to celebrate their birthday by providing sweets or cakes for their class. If this happens the class teacher will allow the treats to be given out at the end of the school day and children will be instructed to ask their parent if they may eat it.

11. Active School

At St. Bartholomew's Primary Academy children are encouraged, when possible, to walk/cycle/scoot to school and we provide safe storage facilities for bikes.

Physical Education is a core subject and all children partake in two sessions of PE per week. One PE session per week is with the class teacher, and one session per week is with a specialist sports coach. The specialist sports coaches also run a number of (paid for, but subsidised by the school) after school sport clubs.

12. Monitoring and Evaluating

The Healthy School Co-ordinator will make arrangements for the monitoring and evaluating of the objectives to ensure they are being met.

This policy has been drawn up in conjunction with, and is aligned with, the principles set out in the following school policies:

- Relationships and Sex Education Policy
- Physical Education Policy
- PSHE Policy
- Allergy Awareness Policy
- Health and Safety Policy
- Behaviour Policy
- Breakfast Bar Policy