

# **Burnside Primary School - Whole School Food Policy**

**February 2018**

## Aims

Burnside Primary School aims to provide an environment that promotes the health and well-being of pupils, staff and parents by ensuring that all food provision and food messages are healthy and consistent. Our staff recognise that healthier children learn more effectively and aim to promote good eating, behaviour and protect those who are nutritionally vulnerable.

## Policy Development

This policy was developed in conjunction with the school's SNAG (School Nutritional Action Group) which consists of pupils, staff, governors and a representative from the school meals provider Taylor Shaw.

## Breakfast Club

The school has a popular breakfast club which is very well attended. A range of healthy drinks, cereals and toast are provided. Children may attend from 8am each day for a fee of 50p. After they have eaten breakfast, the children play games and interact with each other.

## School Lunches

Pupils eat in the hall with their class and then move out onto the school yard. School meals are provided by 'Taylor Shaw' and served by their own staff. There is a choice of hot meal, sandwiches and vegetarian option. Weekly meal options/ menus are on display in the hall and are also available via the school's website.

Free school meals are provided for all children in Reception, Year 1 and Year 2 and those pupils entitled to free school meals in Years 3 to 6. Water and milk are available during lunch time in addition to water provided in individual bottles in classrooms throughout the day. We are a 'nut free' school and as such do not serve nuts in our school meals or allow nuts or any nut based products in packed lunches.

## Packed Lunches

At Burnside we are keen to encourage healthy choices in children's packed lunches and as such offer 'healthy packed lunchbox' workshops for parents. **We encourage parents to always include:**

- At least one portion of fruit and one portion of vegetable every day
- Meat, fish or another source of protein (e.g. lentils, hummus) should be included every day
- A starchy food such as bread, rice, potatoes, pasta or other cereals should be included everyday
- A dairy food, such as milk, cheese or yoghurt should be included every day
- A drink such as water, milk or another low-sugar drink

### **We do not allow the following items in packed lunches:**

- No fizzy, high-sugar or energy drinks to be included
- No sweets or chocolate bars
- No flasks of soup or other hot foods as these can be dangerous
- No nut based products (including chocolate spread) due to allergies

### **We enforce the following restrictions for packed lunches:**

Each day a child's lunchbox may contain one of the following;

- A packet of crisps     or
- A small cake             or
- Some chocolate coated biscuits

Where restricted items are included in packed lunches, the child will not be allowed to eat them and they will be returned home in the lunch box. Parents will be contacted when it is deemed that a child's lunch box regularly contains an unbalanced diet or regularly contains restricted items.

Parents of children with specific dietary requirements should speak to the head teacher or deputy head to discuss matters further. Any parent who feels that they are unable to follow the guidelines set out in this policy are welcome to take their children home for lunch.

## Curriculum

The formal curriculum develops pupils' knowledge of healthy eating through Science, Design Technology (DT), PSHE and other cross curricular links. After school gardening and cookery clubs are run to develop children's enjoyment and understanding of this. Multicultural food is encouraged especially during 'One World Week' and other religious and cultural festivals.

## Other Issues

We aim to keep the use of food treats as rewards to a minimum. Instead children are rewarded with stickers, praise, team/ class points, golden tickets and post cards/ phone calls home. Foundation and Key Stage 1 children all receive a piece of free fruit or vegetable each day. Key Stage 2 children have the option to buy fruit at playtimes for 25p.

This policy was approved by all staff members and governors during February 2018 and is due to be reviewed during February 2020.