



Somerset Bridge Primary School

Aspire - Brave - Care - Collaborate

Somerset Bridge Primary School

& Nursery

Whole School Food Policy

First Adopted	4 th July 2018
First review date	4 th November 2021
Second review date	25 January 2024
Third review date	14 th May 2026
Fourth review date	
Fifth review date	
Headteacher's signature	
Chair of Governor's signature	

Introduction

Somerset Bridge Primary School & Nursery is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices.

This policy has been developed in line with the School Food Standards guidance available here

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

and will be implemented through consultation between members of staff, governors, parents, pupils and support services. The implementation of this school food policy will be overseen by our Deputy Headteacher.

Aims

The main aims of our school food policy are:

- To ensure that eating in school is a pleasurable experience
- To support pupils and their families to develop healthy eating habits
- To ensure that children have the energy and nutrition they need to get the most from their school day
- To develop and maintain a consistent approach to healthy eating across the school community including pupils, staff and parents/carers
- Support sustainability to use locally-sourced ingredients where possible
- To enhance pupils' cultural experiences through food
- To support children who have or may have allergies

Food throughout the school day

1. Breakfast

Our school believes that breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day.

In order to make sure that every child in school has had a good breakfast, our Pastoral Team have developed "Rise & Shine Breakfast". Every morning our Practical Room is open for breakfast for different classes and is available to all children in those classes. The breakfast options available are a selection of cereals and bagels. Children might want to come in for a sociable start to their day, might not have had breakfast at home or might want to come in for a bit of support and a chat to the Pastoral team.

In addition, every day, Rise and Shine delivers freshly toasted bagels to all classes to enjoy in the morning.

Food offered in our Rise and Shine breakfast is provided by the National Schools Breakfast Programme. The National School Breakfast Programme (NSBP) is funded by the Department for

Education and delivered by Family Action to support schools in England to provide children with a healthy breakfast at the start of the school day.

Family Action is committed to supporting child development, and we believe a healthy school breakfast, without barrier or stigma, can set up children to succeed and give them the very best chance to learn.

Somerset Bridge Nursery runs a daily breakfast club for pupils from 8.00am – 8.45am. The Breakfast Club menu is available on our website.

2. School Lunches

School meals are provided by our catering contractor and served between 12 noon and 1:30 in the dining hall.

The school meals meet the mandatory requirements of the School Food Standards 2015. School Menus are selected in consultation with our School Council and meals are planned on a 3 week cycle and always contain a meat/ fish and vegetarian option and an allergen free option. The school meals menu can be found on our school website.

3. Supervision in the Early Years

Pursuant to Early Years Statutory guidance, School and Nursery staff will ensure that:

- Whilst children are eating there should always be a member of staff in the room with a valid paediatric first aid certificate
- The Catering Provider, Staff and parents/carers prepare food in a way to prevent choking. School/Nursery will bear in mind guidance on food safety for young children: Food safety - Help for early years providers - GOV.UK (education.gov.uk)
- Young children are seated safely while eating. Where possible there will be a designated eating space where distractions are minimised.
- Children are always within sight and hearing of a member of staff whilst eating. Choking can be completely silent, therefore, where possible, staff will sit facing children whilst they eat, so they can make sure children are eating in a way to prevent choking and so they can prevent food sharing and be aware of any unexpected allergic reactions.
- When a child experiences a choking incident that requires intervention, staff will record details of where and how the child choked and ensure parents and/or carers are made aware. The records will be reviewed periodically to identify if there are trends or common features of incidents that could be addressed to reduce the risk of choking. Appropriate action will be taken to address any identified concerns

4. Packed Lunches

The school's packed lunch guidance is developed using resources from Better Health – Healthier Families.

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon and a link is available on our useful links section on our website.

The School will encourage parents to:

- Base the main lunchbox item on foods like bread, rice, pasta and potatoes and choose wholegrain where possible.
- Include wraps and pots of fillings which can be more exciting for children when they get to make them.
- Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.
- Add vegetables such as cherry tomatoes, or sticks of carrot, cucumber, celery and peppers which all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with encouraging children to eat vegetables. For Early Years children vegetables should be thinly sliced.
- Limit the provision of processed meat products such as ham or sausages as these products can be high in saturated fat and salt.
- Choose stronger-tasting cheeses – and use less of it – or try reduced-fat varieties.
- Cut down on Crisps - try reducing the number of times they are included in the lunchbox each week.
- Add sliced fruit such as chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.
- Swap fruit bars for dried fruit like raisins, sultanas and dried apricots which are not only cheaper than processed fruit bars and snacks but can be healthier too.
- Remember to keep dried fruit to mealtimes as it can be bad for teeth.
- Switch the sweets and swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh or tinned – in juice not syrup).
- Remember that sweets and chocolates are not permitted in lunchboxes.
- Choose low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.
- Get children involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.
- Be adventurous and get creative to mix up what goes in their lunchbox.

5. Snacks

The school understands that healthy snacks can be an important part of the diet of young people.

- In the Early Years, snacks are provided during the morning and include a variety of fruit and vegetables
- Pupils are able to bring a healthy snack into school to eat at break-times such vegetables and fruit with no added salt, sugar or fat

- After school snacks are provided by the After-School Club, the menu is available on our website.

6. Drinks

Parents are required to provide their children with water bottles each day which can be refilled with water provided in water fountains in the playgrounds. Water is available at all times. Sugary and fizzy drinks are not permitted in school.

In line with the School Food Standards, the only drinks permitted are water, lower fat milk, fruit or vegetable juice (max 150ml) combinations of fruit or vegetable juice with plain water (with no added sugars) (max 330ml). Parents are asked not to provide younger children with drinks containing artificial sweeteners as this can encourage children to prefer very sweet drinks.

As part of the School Food Plan, all maintained primary schools are legally required to make milk available for drinking during school hours. Our school works with Cool Milk to provide free school milk for under-fives and children in receipt of benefits related free-school meals and subsidised milk for any other parent who chooses to order this for their child.

7. School trips

A packed lunch will be provided by the school's catering contractor, for all children who order a packed lunch through our catering provider.

Children are welcome to bring their own packed lunches on trips. Please see section 3 to 6 for guidance on snacks and packed lunches.

8. Rewards and special occasions

Rewards

The school does not allow food to be used as a reward for good behaviour or achievement.

Celebrations

The school recognises the importance of celebrating birthdays and special occasions and understand that children like to bring food treats for their classmates as it is a kind thing to do. This can mean that some children are eating these unhealthy foods several times a week.

According to the NHS Kids are having over 2 times more sugar than is recommended, with half of it coming from snacks and sugary drinks. The NHS has developed a range of useful resources to help children and families cut down on sugar, including a useful free food scanner App these can be found here

<https://www.nhs.uk/healthier-families/food-facts/sugar/>

Due to our commitment to promoting healthy lifestyles cakes, biscuits, chocolate and sweets are not allowed in school (excluding school activities). Instead, we encourage parents to send in fruit

or a non-edible option to celebrate such as stationery, bubbles or stickers. For children's birthdays they are encouraged to bring in a book to share with their class.

For School celebration events within our curriculum, we work with our catering contractor to offer a variety of foods, from different cultures, for children to try.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

9. Curricular and extra-curricular activity

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition) and during our assemblies.

Termly clubs also support the teaching of food and healthy eating.

Staff delivering cooking sessions and clubs have achieved Level 2 in Food Safety and Hygiene.

10. Special dietary requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Our Catering contractor provides a full menu from which parents can select either a main meal, which is either meat or vegetarian, or a sandwich option. They also provide a full allergen free menu for children with food allergies.

Before a child is admitted to the School or Nursery information is obtained from parents/carers about any special dietary requirements, preferences, food allergies and intolerances that the child has, and any special health requirements. This information is shared with all staff involved in the preparing and handling of food for that child.

Individual care plans are created by our School/Nursery SENCO for pupils with food allergies. The SENCO ensures that information is displayed in the Staffroom and First Aid room so that all staff are aware of the symptoms and treatments for allergies and anaphylaxis, the differences between allergies and intolerances and that children can develop allergies at any time.

Parents/Carers are reminded to inform the School/Nursery about any changes to their child's special dietary requirements.

Pupil's food allergies are displayed in a sensitive way in relevant places around the school/Nursery and shared with all relevant staff.

Many parents and schools try to implement a 'ban' certain foods (such as nuts) from school premises. Our School follows Allergy UK advice and guidance for schools which is as follows:

'we do not recommend a 'no nut policy' in schools, as it is not possible to guarantee and enforce a nut free zone, as staff cannot monitor all lunches and snacks brought in from home. A free from

environment creates a false sense of security and does not safely prepare children for environments where nuts may be present. School would need to consider other children with different food allergies and it is not practical to restrict them all. Therefore, school's should have procedures in place to minimise risk of reaction via cross contamination.'

11. Responsibilities of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

12. Parents, carers and family members

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

Our Caterers offer *taster sessions* so that children and families can try the food on the menu.

13. Monitoring and review

Eating in school should be a pleasurable experience, time spent sharing food with peers. Implementation of this policy is monitored regularly by our Deputy Headteacher, lunchtime and nursery team who:

- Check whether the food looks appetising and tastes good on a daily basis
- Makes sure there is a mix of familiar and new foods for the children, and that they are encouraged to experiment
- Ask our caterers support our commitment to sustainability and use local and seasonal suppliers where possible
- Make sure packed lunches are not a 'better' option by banning sugary drink and confectionery
- Keep queuing times short and staggering lunch breaks
- Allow children to sit together – not segregating those with packed lunches
- Give special consideration to those children who might be intimidated by the noise and rush of lunch break
- Hold themed events where children can try new foods
- Encourage involvement of School Council in menu selection
- Obtain feedback from parents and children on school meals
- Encourage those eligible for school meals to take up their entitlement
- Give parents/carers the opportunity to taste school food meet the head cook
- Ensure children get consistent messages about nutrition and healthy lifestyles in lessons and at lunchtime
- Complete the DfE Checklist for School Lunches and Other School Food which can be found here

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

This policy has been developed in consultation with staff, pupils, parents/carers and governors and will be reviewed every 2 years.