

# BY BROOK VALLEY CE PRIMARY SCHOOL

## Whole School Food policy



Last Review Date: September 2022

Ratified By Governors Date: 17 November 2022

Next Review Date: September 2024

# Equality Impact Assessment (EIA) Part 1: EIA Screening

<b>Policies, Procedures or Practices</b>	Whole School Food Policy	<b>Date</b>	September 2022
<b>EIA CARRIED OUT BY:</b>	Jaclyn Cross	<b>EIA APPROVED BY:</b>	F & E committee

Groups that may be affected:

Are there any concerns that the policy could have a different impact on any of the following groups? (please tick the relevant boxes)	Existing or potential adverse impact	Existing or potential for positive impact
Age (young people, the elderly: issues surrounding protection and welfare, recruitment, training, pay, promotion)		Curriculum provides age appropriate input around healthy eating
Disability (physical and mental disability, learning difficulties; issues surrounding access to buildings, curriculum and communication).	Children with eating disorders or allergies may be unable to relate to some foods	Policy recognises need to ensure staff are aware of specific pupils' food related issues
Gender Reassignment (transsexual)		
Marriage and civil partnership		
Pregnancy and maternity		
Racial Groups (consider: language, culture, ethnicity including gypsy/traveller groups and asylum seekers)	Some groups may have different food traditions	Curriculum introduces a range of different diets and food traditions
Religion or belief (practices of worship, religious or cultural observance, including non-belief)	Some groups may avoid certain food for religious reasons	RE curriculum explores the part different foods play in different religions
Gender (male, female)		
Sexual orientation (gay, lesbian, bisexual; actual or perceived)		
<i>Additional group that could be affected - Low income</i>	Low income families may find it difficult to provide healthy meals and snacks	Staff encouraged to highlight availability of free meals and snacks to eligible families

Any adverse impacts are explored in a Full Impact Assessment

# By Brook Valley C of E Primary School

## Whole School Food Policy

Date: September 2022

Review Date: September 2024

Our Vision: Roots to grow, wings to fly

“They will soar on wings like eagles.” Isaiah 40:31

At By Brook Valley CE Primary School, we are committed to creating a positive, safe and caring Christian environment, where all members of the school and wider community will be respected and valued. We support one another to put down strong roots within our distinctively Christian culture, growing from our core values of hope, honesty, forgiveness and friendship. In this way, we will each be the very best we can be. This policy should be read and understood from this perspective.

### Introduction:

At By Brook Valley CE Primary School we want everyone to embrace a healthy lifestyle, part of which involves the food we eat. We can provide a valuable role model to pupils and their families with regard to food and healthy-eating patterns. The development of a whole-school food policy aims to engage the entire school community, including pupils, parents, carers, governors, staff, caterers, local suppliers and others. The messages that pupils receive through their personal, social and health education are integral to equipping them with the skills necessary to make informed choices about their own diet and lifestyle. PSHE and Citizenship lessons offer the chance to engage pupils in debate over the role of food in schools and allow them to voice their opinions so that they can work out what they think and make their own well-informed choices.

### Aims:

- 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 positively contribute to the health of all members of our school community.

### How do we achieve these aims?

- By discussing matters with all stakeholders and sharing the rationale behind a whole school policy.
- By setting guidelines that are shared with stakeholders and that are followed by the school community.
- Through establishing a curriculum that supports and promotes a healthy approach to food and nutrition.

### Guidelines and Procedures

#### School dinners and packed lunches:

- School meals are provided by a contracted caterer, who adheres to national food and nutrition based standards.
- Universal free school meals are available to all children in the Foundation Stage and Key Stage 1 but are restricted to school dinners. However, children can bring their own packed lunch. The school encourages parents and pupils to take up the offer of a free hot dinner.
- KS2 children have the option to either bring their own packed lunch into school or choose a school dinner.
- Children purchasing school dinners choose between a non- vegetarian and vegetarian option and can order dinners and make their choices in advance via parent pay. Salad and fruit is available to all pupils

Roots to grow, wings to fly

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Registered Address: By Brook Valley Academy Trust, The Street, Yatton Keynell, Wiltshire, SN14 7BA

Registered in England and Wales

Company Registration No. 8020467

- Packed lunches can be provided for children in receipt of free school meals if they are on an educational visit.

### **Snacks**

- All KS2 children are encouraged to bring a health snack such as fruit / raw vegetables for a mid-morning snack.
- By Brook Valley CE Primary School participates in the free School Fruit and Vegetable Scheme which provides all of Reception and Key Stage 1 with a piece of fruit daily. Pupils will have the opportunity to eat their fruit in the morning. Children have the responsibility for passing the fruit to others and for helping to clear away.

### **Drinks**

- All children are encouraged to bring a bottle of water to school daily. Cups are available
- In warmer weather, children are reminded about the importance of drinking water on a regular basis and are encouraged to do so at meal times. For those eating school dinners, fresh water is provided on every table and children are reminded to drink by the staff on duty.
- Squash is not encouraged during the school day; fizzy drinks are not permitted.

### **Packed Lunches:**

Parents are encouraged to provide a balanced lunch with no sweets or fizzy drinks. Further information in the form of leaflets, in the school newsletter and website.

### **The Curriculum:**

In the foundation stage, Key Stage 1 & 2, there are a number of opportunities for pupils to develop their knowledge and understanding of health, including healthy-eating patterns and practical skills needed to understand where food comes from such as shopping, preparing and cooking food.

- English lessons can provide the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus.
- Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.
- Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health.
- Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking and understanding the place of all types of food within a varied and balanced diet. Additionally, pupils are given the opportunity to grow their own vegetables and harvest apples from the school orchard.
- PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.
- Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.
- Themed days, where as appropriate, relating to healthy living.
- RE can provide an insight into how food is used as part of celebrations and festivals in different world religions and beliefs.
- Harvest is celebrated through services in school and our local churches. Pupils donate to the local food bank and charities on a regular basis.

### **Extra- Curricular Activities:**

Whilst promoting healthy eating throughout the year, it is important to recognise that there is a place for treats and on occasions there will be a place for cakes etc. e.g. fundraising

**Partnership with parents and carers:**

- The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.
- Parents and carers are informed about our water and packed-lunch guidelines through information leaflets and school newsletters.
- We ask parents not to send in fizzy drinks and we ask them to encourage their children to drink water during the school day.
- Staff will not eat biscuits / cakes at break times whilst on duty.
- Parents and governors will be encouraged to sample school dinners.
- During out-of-school events, e.g. school discos etc. the school will encourage the Friends of By Brook Valley to consider the food policy in the range of refreshments provided for the children.

**Allergies:**

- Steps are taken to mitigate the risks identified in a care plan, if a medical professional officially diagnoses an allergy towards food or food products.
- The school helps children to self-manage the risk in a school environment.
- The school is not a nut-free zone.
- Staff will be aware of children with specific, medically identified allergies. If necessary and appropriate, parents will be informed.

**Monitoring and review:**

- The SLT are responsible for supporting colleagues in the delivery of the food policy.
- Curriculum leaders are responsible for the curriculum development of the food policy.
- The contracted caterer for school meals is responsible for ensuring the quality of the food offered and is compliance with national standards.
- The Head teacher is responsible for ensuring the quality of the meals provided by the contracted caterer.

**Role of the Governors:**

The Foundation and Ethos governors committee and nominated Healthy Schools governor will check that the school policy is upheld.

**Review of the Policy:**

- This policy will be reviewed every two years or earlier if necessary to take account of new developments.
- Parents, children and staff are offered the opportunity to contribute to that review process.
- Packed lunches can be provided for children in receipt of free school meals if there are on an educational visit.

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- Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.
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- Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking and understanding the place of all types of food within a varied and balanced diet. Additionally, pupils are given the opportunity to grow their own vegetables and harvest apples from the school orchard.
- PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.
- Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.
- History can provide insight into changes in diet and food over time.
- The school also holds themed days where as appropriate, themes will relate to healthy living.
- RE can provide an insight into how food is used as part of celebrations and festivals in different world religions and beliefs.
- Harvest is celebrated through services in school and our local churches. Pupils donate to the local food bank and charities on a regular basis.

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