



## **Whole School Food and Drink Policy**

### **Rationale**

Barlby Primary School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

### **Aims**

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
2. To support pupils to make healthy food choices and be better prepared to learn and achieve
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

### **Food throughout the school day**

#### **1. Breakfast**

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.

The school runs a daily breakfast club for pupils from 8.00am – 8.50am.

The breakfast menu includes:

- A range of sugar-free cereals
- Toast
- Low sugar juice – diluted with water e.g. Robinsons
- Fruit

#### **2. School Lunches**

School meals are provided by an inhouse chef shared with Kensington Queensmill and served between 11:45-13:00 in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015. Our school caterer also holds a catering award insert which, if applicable.

School meals are planned on a 4-week cycle and always contain a meat, fish and vegetarian option.

The school meals menu can be found on our [school website](#).

#### **3. Packed Lunches**

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon



Packed lunches should not include:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Sweets
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts

The school provides water for all pupils at lunchtime; therefore, there is no need for packed lunches to include a drink.

#### 4. 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: fruit and milk.

Pupils are allowed to bring in their own after-school snacks including insert fibre bars, fruit and sandwiches.

#### 5. Drinks

The school is a water only school, with the exception of the free milk entitlement for all primary free school meal pupils. Water is provided in the dining hall during lunch time. There are also water fountains in the school playground for pupils to access during break and lunchtimes. In addition, water can be access throughout outdoor PE or outdoor learning.

There are restricted drinks such as energy drinks, fizzy drinks and high sugar still drinks e.g. Rubicon/Ribena.

#### 6. School trips

A packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips; however, these lunches must adhere to the same food and drink guidance described above.

### **Rewards and Special Occasions**

#### Rewards

Rewards The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school

#### Celebrations

The school recognises the importance of celebrating birthdays and special occasions.

For birthday celebrations, we welcome any parents who would like to send in fruit for their child to share with the class on their birthday. We discourage chocolates, sweets and cakes for birthdays.

For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged e.g. Children in Need Cake Sale



### **Curricular and extra-curricular activity**

Food and nutrition is taught at an appropriate level throughout each key stage in science (White Rose Scheme), PSHE and Design Technology (cooking and nutrition) – Kapow Primary Schemes. The Eatwell model is used throughout the school (see appendix 1) as a model of understanding a balanced diet.

### **Special dietary requirements**

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

Individual care plans are created for pupils with food allergies.

Pupil's food allergies are displayed in a sensitive way (poster) in relevant places around the school including the dining hall and staff room.

### **Expectation 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.

Staff are welcome to eat school lunches and are encouraged to eat this with the pupils.

Teaching staff are also encouraged to eat a school lunch and sit with pupils in the dining hall. This is free of charge for staff who eat with the children.

### **Parents, carers and family members**

Our relationships with parents/carers are 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.

Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend. There are additional Change4Life community workshops that are delivered by the borough (RBKC) locally.

**'Learning together, hand in hand to be the best we can be'**



## Appendix 1 – Eatwell Plate

