

## Rationale

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHE, Citizenship, drug, and sex and relationship policies.

The school supports the '5-A-DAY' campaign to encourage children to eat 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.

Beckstone is a healthy school and has been awarded Healthy School Status. It is important that 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 pupils 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 which supports a healthy lifestyle.

## Aims and Objectives

- 10 To ensure that we are giving consistent messages about food and health
- 10 To give our pupils the information they need to make healthy choices
- 10 To promote health awareness
- 10 To contribute to the healthy physical development of all members of our school community
- 10 To ensure the provision and consumption of food is an enjoyable and safe experience
- 10 To encourage all children to take part in the '5-A-DAY' campaign

## Breakfast club

The breakfast club operates on a daily basis in the school for all children. In addition to those charged we target some children who we know rarely have breakfast in the mornings at home.

The food offered is healthy and is consistent with a healthy diet. We provide toast, assorted breads, low-fat spread, fruit jam, yoghurt, low-salt/low-sugar fortified cereals, slices of fresh fruit, baked beans and cheese. Children choose from water, milk, orange or apple juice to drink.

## Milk

All our Foundation Stage children are entitled to free milk. Children from Year 1 upwards can purchase daily milk with a half termly payment or receive it free if entitled to free school meals.

## Snack

All FS and KS 1 classes include a snack of washed fruit to all children in the afternoon (as part of the 'free fruit' scheme). Children in FS also receive a healthy range of snacks on a daily basis in the mornings (e.g. cheese and crackers). There is a 'Fruit Tuck Shop' managed by the school's Education Support Manager but run by some of the older KS2 pupils, 'The Fruitinis' (!). Fruit is priced very competitively and on sale to all main school pupils at morning break.

## School lunches

All our school meals are of high quality (and are regularly audited). They are provided by a contracted caterer (Caterlink) who had a healthy-food policy as part of their tender. The meals fully comply with the national food standards and where possible local food providers and fair-trade providers are used.

In addition at every opportunity the meals include the use of fresh fruit and vegetables each day as a choice for the children. The children receive a varied choice of meals with hot and cold options, all of which pay regard to nutritional balance and healthy options. The pupils are able to choose their meal in the morning on the class interactive whiteboard from key Stage 1 upwards.

The school kitchen staff regularly host 'theme' days that link into school studies and themes e.g. during the whole school study on Jamaica the children were provided with Jamaican themed meals.

## Packed lunches

A minority of children bring packed lunch to school. We regularly include newsletter items about the contents of these and **we do not allow sweets, crisps, chocolate bars or fizzy drinks** in line with Government Guidance on nutrition in schools.

There is no refrigerated storage for packed lunches and parents are made aware of this through newsletters.

## Drinks Policy



Everyday we lose more than two litres of fluid through normal bodily functions, by evaporation when we breathe and sweat, and the waste products our bodies produce as they work. Fluid is also responsible for moving nutrients around the body and most of the chemical reactions within our cells take place in water. Our bodies are made of 70 per cent water, with most of our organs and all of our cells counting on fluid to keep them working properly. Therefore, it is critical to make sure hydration is maintained. To keep the children hydrated the school's policy is:

- Children can drink water only in classrooms in a bottle brought from home throughout the day but at times organised by the teacher so learning is not disrupted e.g. before or after a playtime, after P.E. etc. The only exception to this is if a Doctor has stated for health reasons another hydrating drink is needed.
- There are water fountains freely available at break and lunchtimes
- The school provides mid-morning milk free to Free School Meal children and the Foundation Stage otherwise it can be ordered half termly.
- Water is provided with school meals. Children however are permitted to bring in another drink for lunchtime, if they wish, to accompany their lunch. As these drinks accompany food children can bring well diluted cordial (which does not contain preservatives, flavourings, colourings and sweeteners and is certainly not carbonated) or fresh juice cartons. These should be kept in their lockers and only drunk with their mid-day meal.

## Food across the Curriculum

In FS, KS 1 and KS 2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food. Curricular activities that regularly take place are shown below;

<p><b>Geography</b></p> <p>Plot where food comes from in the world – food miles, local produce</p> <p>Look at starvation, poverty etc (KS2)</p> <p>Go for a picnic and plot route of how to get there.</p> <p>How to get to supermarket</p> <p>Visit Farm</p> <p>Visit to supermarket/local shops</p>	<p><b>Maths</b></p> <ul style="list-style-type: none"> <li>• Compare weight of different fruit and veg – Heavier than lighter than etc.</li> <li>• Recipe – weighing out ingredients – Roald Dahl Revolting -</li> <li>• Cost of food and total up a shopping list</li> <li>• Sequences</li> <li>• Measure and plot on graph growth of plant</li> <li>• Survey favourite food in class and make graph.</li> </ul>	<p><b>English</b></p> <ul style="list-style-type: none"> <li>• What language describing food, look, taste and feel? Use blindfold or one describes other guesses what it is.</li> <li>• Literature – Poems using describing words about food.</li> <li>• Look at books, poems etc tools with food – James and giant peach.</li> <li>• Advertising foods: make own ads.</li> <li>• Write about favourite food</li> <li>• Write recipes – How to make a sandwich etc</li> <li>• Write shopping list.</li> </ul>
<p><b>BALANCED EATING</b></p>	<p><b>History</b></p> <ul style="list-style-type: none"> <li>• Feasts and banquets. How and what food was eaten.</li> <li>• Rationing – Dig for victory etc</li> <li>• Link to different topics in history</li> <li>• How food has changes, trends</li> </ul>	<p><b>BALANCED EATING</b></p>
<p><b>HE and Citizenship/PRE</b></p> <p>Socialising</p> <p>Positive Lunch times</p> <p>Choice and food – how, who etc</p> <p>NOT GOODBAD FOOD</p> <p>Cook and Eat</p> <p>Gardening/growing clubs</p> <p>Food policies</p> <p>School Council – selling, Healthy tuck shops etc</p> <p>Body image</p> <p>How food is used as celebration in different cultures</p> <p>Different foods as part of religion ie Passover, Ramadan</p>	<p><b>Science</b></p> <ul style="list-style-type: none"> <li>• Balanced diet – what we need and why - vitamins, fat etc</li> <li>• Healthy lunchbox</li> <li>• Effects of sugar etc on teeth</li> <li>• 5 a day – digestive system</li> <li>• food chain</li> <li>• How fruit and veg grows and grow own</li> <li>• Diagram of plant and name parts.</li> <li>• Put foods into groups eg fruit veg dairy etc</li> </ul>	<p><b>D&amp;T/Creative Art/ Drama</b></p> <ul style="list-style-type: none"> <li>• Rubbing texture of skin</li> <li>• Make a plate up of balanced meal/sandwich/picnic.</li> <li>• Draw fruit, vegetables etc.</li> <li>• Make a grocers shop in corner of classroom</li> <li>• Pretend to be a seed that grows into a plant – thing about size and shape, height.</li> <li>• Making an advert – multimedia</li> <li>• Designing and making own packed lunches</li> <li>• Cooking and tasting sessions</li> </ul>

In addition the Foundation Stage outdoor areas include allotments where vegetables are grown and eaten and out-of-hours learning includes a gardening club and the after school care facility has its own allotments. All pupils also receive regular healthy cooking and baking lessons as well as lessons on health and self care.

## Consultation with Pupils

The daily choices of pupils are monitored using 'Live Kitchen' and consequently menus can be altered so as to provide the popular and healthy choices which maintains the large take up of school meals.

The School Council, made up of a boy and a girl from each class, regularly discuss the school meals and offer suggestions for further developments.

## 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 regularly updated on our water, school meal and packed-lunch policies through the school newsletters.

Parents are invited to 'taster' sessions to sample our healthy school meals...

## Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

## Monitoring and review

The catering, breakfast-club and after school club managers are responsible for ensuring that the food served is in accordance with this policy and the policy is reviewed at the Governor Care Services meetings. Teachers are responsible for the curriculum development and review of the food policy. The headteacher and PSHE manager are responsible for supporting colleagues in the delivery of the food policy and ensuring the views of parents and pupils are incorporated into its development. The school is responsible for monitoring the quality of the food offered as part of the contract with the caterer.



Beckstone  
Primary School



# Food & Drink Policy

