

## Bishop Henderson Church of England Primary School



### Food Policy

| Review Cycle | Date of Current Policy | Author(s) of Current Policy | Review Date |
|--------------|------------------------|-----------------------------|-------------|
|              | July 2025              | Headteacher                 | July 2026   |

### Ratification

Approved by Governors on July 2025

### Vision Statement

At Bishop Henderson Church of England Primary School, we are committed to equality of opportunity in line with the Equality Act of October 2010. We endeavour to make a positive contribution to the whole community by demonstrating qualities such as respect, co-operation and valuing differences while celebrating cultural diversity. This commitment applies to our work in the classroom, our pupil support systems, our recruitment and retention of staff and our work in the local and wider community. We promote the principles and practices of equality and justice throughout the school and we aim to be a school where everyone:

- is respected and respects others
- takes part in the life of the school
- achieves to their potential
- develops skills essential to life
- exercises choice
- celebrates cultural diversity

## **INTRODUCTION**

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 their behaviours and encourage them to take responsibility for the choices they make.

The school supports the '5-A-DAY' ethos 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.

We have used the following approach to identify what areas we need to change to develop a healthier approach to the issue of food in our school:

- How well are we doing?
- How well should we be doing?
- What more should we aim to achieve?
- What must we do to make it happen?
- What action should we take and how do we review progress?

## **RATIONALE**

Bishop Henderson Primary School is a healthy school. 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 about 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**

- 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 contribute to the healthy physical development of all members of our school community
- To encourage all children to eat five pieces of fruit or vegetables each day

## **SETTINGS FOR FOOD POLICY**

We do not use vending machines in our school. Currently, we do not run a tuck shop but if we decide to do so in the future, the food policy will be applied to all items sold.

### **Breakfast Club**

The breakfast club operates daily in the school for all school-age children. We target some children who we know have little or no time for breakfast in the mornings at home.

The food offered is healthy and is consistent with a healthy diet – e.g. toast, bread, low-fat spreads, fruit jam, low-salt/low-sugar fortified cereals. Children choose from water or juice.

### **Snack**

A piece of fruit or vegetable snack is provided for all children in Key Stage 1. In Key Stage 2 children are encouraged to bring either fruit and/or vegetables for their morning snacks. Crips, chocolate or anything that is not fruit or vegetables will not be allowed to be eaten during morning break time and children will be asked to put these items of food back in their lunch boxes.

With Courage, flourish. With Compassion, we care. With Creativity, we learn

## **School lunches and packed lunches**

All our school meals are provided by a contracted caterer who has a healthy food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot and cold option, both

of which pay regard to nutritional balance and healthy options. A salad bar is provided.

Many children bring packed lunch to school. We communicate to parents/carers about the contents of these and we do not allow sweets or fizzy drinks. We actively encourage parents/carers to include healthy options.

## **Water for all**

Water is freely available throughout the school day to all members of the school community.

Children can access their drinks at any convenient time.

Children may bring squash to school, though this should be sugar-free. However, children may not bring fizzy drinks or juice into school. Any such drinks will be poured down the sink and replaced with water.

Drinks should be in clear plastic bottles.

## **Considerations**

The school understands that there will be some children, due to additional needs, whereby amendments to the food policy may need to be made. In such cases, parents/carers should contact the SENCo to book a meeting to discuss further. Please note, we will only consider amendments for children with a diagnosis or via written recommendations from services such as Occupational Therapy .

## **FOOD ACROSS THE CURRICULUM**

Across the school, there are many 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.

- Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.
- Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, and 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, and how the body responds to exercise.
- RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.
- New Technologies can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.
- Food Technology as part of design technology provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.
- Values Education 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 can discuss issues of interest to young people, e.g. advertising and sustainable development.
- Music can explore songs which link to the theme of food.

With Courage, flourish. With Compassion, we care. With Creativity, we learn

- 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 provides insight into changes in diet and food over time.
- Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activities such as dance and walking.
- School visits provide pupils with activities to enhance their physical development, e.g. to activity centres.
- Out-of-hours learning includes cookery and gardening clubs from time to time.

## **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.

Parents and carers are regularly updated on our water and packed lunch procedures through class newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day.

Parents are reminded that, due to the severity of some allergies in school and the difficulty in managing allergies and preferences when children bring treats into school, we have made the decision not to accept birthday treats in school.

All members of staff are reminded that, due to the severity of some allergies in school and the difficulty in managing allergies and preferences, staff are asked not to provide treats (cakes, sweets, biscuits, etc.) for children.

Sometimes, children may be given the choice of completing a cooking activity as part of their topic/project homework. Any cooked items brought to school for this purpose may be shared with classmates, at the teacher's discretion. Parents/carers may be informed via the class web page or via the school email.

Sometimes, children may complete a cooking activity as part of the broad and balanced curriculum in school. Any items cooked in school may be shared with classmates, at the teacher's discretion. Parents/carers may be informed via a class web page or via the school email.

During out-of-school events, e.g. school discos etc., the school will encourage parents/carers to consider the food policy in the range of refreshments offered for sale to the children.

## **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 expertise in this area.

## **REVIEW**

The local governing body will review this policy in line with its annual cycle of review.