

# **WILLIAM BARNES PRIMARY SCHOOL**

## **HEALTHY FOOD POLICY**

Date of Approval by Governors: 27/11/2023

Next Review Date: Autumn 2024

Signed: Chris Jones, Chair of Governors

### **Introduction**

1. At William Barnes we are committed to giving all our pupils a consistent message 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, drug, and sex education policies.

2. 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.

### **Rationale**

3. William Barnes achieved National Healthy Schools status in the Spring of 2011. 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.

4. 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 that supports a healthy lifestyle.

### **Aims and Objectives**

5. Our aims and objectives are:

- a. To ensure that we are giving consistent messages about food and health
- b. To give our pupils the information they need to make healthy choices
- c. To promote health awareness
- d. To contribute to the healthy physical development of all members of our school community
- e. To encourage all children to eat five or more portions of fruit and vegetables each day

### **Extended School Provision**

6. The breakfast club operates on a daily basis in the school for all children from Year R to Year 6. Parents from the pre-school may request that their children attend breakfast club, but the preschool leader and the Extended school supervisor must agree that the child is mature enough to do so.

7. The food offered is healthy and is consistent with a healthy diet. We provide toast, bread (range of options including white, brown, granary, buns, baps and rolls), low-fat spread, fruit jam, Marmite, cereals and slices of fresh fruit. Children choose from water, orange juice, apple juice or hot chocolate to drink. The children are allowed to choose something special on their birthday i.e. pancakes, grilled bacon sandwich.

The after-school club operates on a daily basis in the school for all children from Year R to Year 6. Parents from the pre-school may request that their children attend breakfast club, but the preschool leader and the Extended school supervisor must agree that the child is mature enough to do so. The food offered is healthy and consistent with a healthy diet. We provide wraps, crackers, fruit and sugar-free squash to drink.

### **Break Time Snacks**

8. Children in Year R to Year 2 receive one free piece of fruit each morning as part of the NHS initiative. Children can also bring their own snack and are encouraged to bring fruit or another healthy snack. Crisps, biscuits and chocolate are not allowed at playtimes. If children bring an extra drink for playtime it should be water only.

### **School Lunches and Packed Lunches**

9. All our delivered in hot school meals are provided by a contracted caterer who has a healthy-food policy as part of their tender. They provide a main meal, vegetarian and jacket potato option with a dessert that conforms to national nutritional standards for hot school meals.

10. Children are encouraged to have a healthy packed lunch including sandwiches and fruit. The school has a policy that children can have “one treat sized chocolate” item each day for lunch, but full size chocolate bars are not allowed. We regularly include newsletter items about the contents of these and we do not allow sweets, chocolate bars or fizzy drinks. We do allow a packet of crisps, cakes and biscuits as part of a balanced packed lunch.

### **Water**

11. Drinking water is freely available throughout the school day to all members of the school community. Children may drink their water at any time in the classroom as long as it does not affect their learning.

### **Partnership with Parents and Carers**

12. 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.

13. Parents and carers are regularly updated on our water and packed-lunch policies through school and 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, except at lunch when children may drink juice or squash.

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

### **Food Allergies and Special Diets**

15. Parents are expected to inform the school if their children have any food allergies. In the case of children who have severe reactions requiring medication such as an “Epi-Pen” to be kept in school, staff are given appropriate training. For residential visits, children with special dietary requirements including allergies are catered for at the centre. However, it is the responsibility of the parent to inform the school of any special dietary requirements before the residential visit. The school aspires to being a nut-free environment but recognises that in practice this is not practicable.

### **Role of the Governors**

16. 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**

17. The Extended school supervisor is responsible for ensuring that the food served is in accordance with this policy. The School Leadership Team (SLT) are responsible for the curriculum development of the food policy. The head teacher and PSHE leader are responsible for supporting colleagues in the delivery of the food policy.
18. This policy will be reviewed annually to take account of new developments.