



Beaumont Primary School

Healthy Eating and Food Policy

Date agreed: February 2021

Review date: February 2025

Beaumont Primary School

Food Policy

Introduction

At Beaumont Primary School, we recognise the importance of a healthy lifestyle and diet, and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life.

We also recognise that there is a strong link between a healthy diet and effective learning. The staff and parents at Beaumont work together to support healthy lifestyles.

Rationale

Our school is an accredited 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 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 that 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 pupils

Curriculum

Food is mainly taught through:

- Design and technology: Cooking and nutrition;
- Science;
- Personal, Social, Health and Economic education (PSHE).
- Learning For Life;
- Physical education also plays an important part in pupils' health and wellbeing.

Cooking

Every year group will have a cooking opportunity in the school kitchen classroom and these recipes will always be taught alongside a topic to enhance the children's experience.

Learning for Life curriculum will also include an aspect of cooking that are linked to seasonal foods or special times in the year.

Snack

Reception and Key Stage 1 classes include a morning break time snack of fruit or vegetables for all children. We take part in the Government initiative to provide all infants with free fruit and vegetables during the day. Key Stage 2 children are encouraged to bring in a healthy snack.

School lunches

Our school meals are provided by Bolton Local Authority which has a Healthy Food policy. Children are provided with a vegetarian and non-vegetarian option, both of which pay regard to nutritional balance and healthy options.

Packed lunches

Many children bring a packed lunch to school. Parents are requested not to send in foods such as thickly covered chocolate biscuits or any foods which are high in sugar, fat or salt. We also insist that nut or nut products (although they can be very healthy) are not included in a child's packed lunch because of the danger to other children with allergies.

We recommend packed lunches to include:

- At least one portion of fruit and one portion of vegetables every day
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day
- Oily fish such as salmon regularly
- A starchy food such as any type of bread, pasta, rice, crackers, breadsticks, couscous, noodles, potatoes or other type of cereals every day
- Dairy food such as milk, yogurt (low sugar), cheese, fromage frais every day
- Water (non-flavoured), fruit juice, plain milk (semi-skimmed or skimmed)

Water for All

Water is freely available throughout the school day to all members of the school community. Children may drink water at any time during the day using a clean bottle brought in from home on a daily basis.

Special diets

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Dissemination of the policy

The policy will be available on the school's website and will be incorporated into the school prospectus and assemblies. The school will use opportunities such as parent's evenings and PSHE/Science lessons to promote this policy as part of a whole school approach to healthier eating. All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.

Review and revision of policy

Policy agreed: February 2021

To be reviewed: February 2025