



BORINGDON PRIMARY SCHOOL

Food in School Policy

Reviewed February 2023

Boringdon Primary School Food Policy

Vision

Proper nutrition is essential for good health and effective learning.

We aim to:

- provide consistent lessons of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety.
- work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs.
- work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- Involve pupils in all decision making.

Intent

We aim to promote healthy & balanced eating by:

- encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide.
- encouraging foods which are rich in vitamins, iron and calcium, fruit, vegetables, meat, beans, bread and low-fat dairy products.
- encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods.
- encouraging low sugar fruit juices, lower fat milk and sugar-free drinks.
- discouraging sugary drinks and less healthy snacks between meals.
- provide foods in line with children's religious preferences and allergies.

Implementation

School Catering

We believe that the subtle messages that pupils receive about food and health from the daily life of school are as important as those given during lessons, e.g. school menus, peer pressure to eat certain snacks in packed lunches. By working together, we promote healthier eating habits.

- School lunchtime menus are agreed between the school and Cater-ed team. Local preferences are considered within the framework of the nutritional standards and is coherent with the Healthy Schools Programme.
- Termly theme days are linked to curriculum areas or calendar events.
- All children are given a portion of vegetables as part of their meals. They are encouraged to try some, even if it is a small portion.
- Due to the large difference in calorie requirements between infants and juniors, portion sizes are adjusted accordingly.
- Pre-selection of meals for all children encourages them to think responsibly about food choices and helps catering staff reduce waste.

Packed Lunches

While we cannot dictate to parents over the contents of children's packed lunches, we do strongly suggest that they contain a balanced meal and avoid overly sugar or salt-rich processed food.

An alternative option is to order a 'lighter lunch option' through School Meals.

Mid-morning Snack

The only snack that children can bring into school is a healthy option. No chocolate or sweets are permitted, and all staff are vigilant in enforcing this. Children in Key Stage One receive free fruit daily and children under 5 receive free milk. The school operates a healthy options tuck shop run by Year 6 children.

Drinks Policy

Water is provided throughout the school via chilled dispensers and a 'water bottles in the classroom' scheme works to encourage regular rehydration.

School Ethos, Environment and Organisation

The school recognises:

- the importance of lunchtime organisation on the behaviour of pupils.
(This will inform OFSTED inspections).
- the value of promoting social skills.

Teachers, caterers and MTAs work together to create a good dining room ambience and the development of appropriate table manners. Non-teaching staff are supported by the school behaviour policy.

Free School Meals

The school recognises the value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised. All children in Foundation and Key Stage 1 are eligible for free school meals which all staff promote daily.

Curriculum, Teaching and Learning

- Pupils are given the opportunity to taste, touch, smell and feel a variety of foods.
- Multicultural aspects of food are explored and linked with school meal theme days.
- Year groups have had the opportunity to choose their favourite meals and select these for the 'Children's Choice Tuesday' menus.
- There are special meal days throughout the year to celebrate events. e.g. Firework night.
- Year 6 annually undertake a themed pop-up restaurant activity with external caterers which is then offered to the rest of the school instead of normal school lunches.
- There is a designated children's teaching kitchen and moveable cooking resources to enable teachers to pan cooking activities into their timetable.
- A cooking club meets after school once a week and children can cook selected recipes and taught cooking skills.
- There is a skills coverage plan for all year groups which enables teachers to teach appropriate skills for their year group.

Parental Involvement

- Information about school catering is provided in the school prospectus, at the Foundation open evening and through menus sent home to parents and displayed on the school website.
- Governors are invited into school to eat lunch with children.