

Bishops Lydeard Church School & Nursery
Whole School Food Policy



Bishops Lydeard Church School & Nursery have a nut free policy



Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
2. To support pupils to make healthy food choices and be better prepared to learn and achieve
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

Food throughout the school day

1. Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day.

The school runs a daily breakfast club for pupils from 7.30am – 8.45am.

The breakfast menu includes: toast, cereal, pancakes, crumpets.

2. School Lunches

School meals are provided by St James Church School, Taunton and served between 12.15 – 1.15 in the dining hall. The school meals meet the mandatory requirements of the School Food Standards.

School meals are planned on a 3-week cycle and always contain a meat, fish and vegetarian option. Parents are able to view and order meals on ParentPay.

3. Packed Lunches

The school aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon

The school can provide water for pupils at lunchtime if they do not have a drink.

4. Snacks

The school understands that healthy snacks can be an important part of the diet of young people.

In the Early Years, snacks are provided during the morning and include: fruit, raisins. Some pupils bring their own snack from home.

Pupils are able to bring a healthy snack into school to eat at break-times.

5. After school

Snacks are provided by the school and include sandwiches, fruit, vegetables, pasta. Pupils are allowed to bring in their own after-school snacks.

6. Drinks

The school encourages the drinking of water and provides the free milk entitlement for all primary free school meal pupils. Water is provided at any point during the school day. Pupils bring their own water bottles from home.

7. School trips

A packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips.

Rewards and special occasions

Rewards

The school does not allow food to be used as a reward for good behaviour or achievement.

Celebrations

For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

Curricular and extra-curricular activity

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition).

Staff delivering cooking sessions and clubs have achieved Level 1/2 in Food Safety and Hygiene.

Special dietary requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Individual care plans are created for pupils with food allergies and the lead member of staff for this is the school Sendco.

Pupil's food allergies are detailed in a sensitive way in the kitchen and on Scholarpack.

Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

Monitoring and review

The policy will be reviewed every 2 years.

Date policy implemented:
September 2022

Review Date:
September 2024

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

