



BUSBRIDGE CE JUNIOR SCHOOL

FOOD AND HEALTHY EATING POLICY

- This policy was written in the Spring term 2021
- It will be reviewed as required

School Vision: To be a school that reflects the love of Christ: **cherishing** each other as unique individuals and **challenging** all to achieve and succeed.

Specific Aims:

Proper nutrition is essential for good health and effective learning.

We aim to:

- provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety.
- provide a whole school approach to nutrition that makes the healthier choices easy.
- work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to our pupils' needs.
- create a pleasant and sociable dining experience which enhances the social development of each pupil.
- involve pupils and parents in decision making.

A Positive Lunch-time Dining Environment

We have a purpose built dining room, which provides a well designed, clean and attractive space for children to enjoy their meal. Pupils who have a lunch provided by 'Its Twelve 15' and those who bring a packed lunch from home eat together in the dining room.

The school recognises the importance of effective organisation on good lunchtime behaviour. The lunchtime supervisors are supported by our school's Behaviour Policy. The dining room is organised into sittings on a year group rota basis. The food is attractively displayed at the heated servery hatch and the children are encouraged to queue in a calm and orderly fashion. Pupils enter and leave by different doors. We encourage children to eat as much of their food as possible and expect them to clear their own plates at a service area near the sink and exit door. Lunchtime supervisors and caterers work together to create a good dining room atmosphere. Appropriate table manners and positive social interaction are encouraged.

School Catering:

By working together, we promote healthier eating habits.

- School lunchtime menus are shared between the school and catering staff.
- An updated menu is provided for each of the children at the beginning of each term. Copies are also available from the school office.
- Menu boards are displayed in the playground each morning to allow the children time to decide what they would like to eat for lunch, prior to arriving in the dining hall.
- Posters are displayed to ensure the children can distinguish what is meant by 'healthy food.'
- There are three different choices of meal each day.

- 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.

Packed Lunches:

- Packed lunches should be substantial enough to provide the children with enough energy to work and concentrate throughout the afternoon.
- Some fruit or vegetable should be provided each day e.g. a piece of fresh or dried fruit, cherry tomato, raw carrot, cucumber wedge.
- **No food containing nuts are allowed in school due to allergies.**
- Sweets, sugary drinks, and chocolate should not be included.
- The school provides a suitable storage area for lunch boxes.
- All waste and uneaten food is returned in the lunch box so that parents know what has been eaten.
- For guidance on what to include in your child's lunch please see appendix 1.

Mid-morning Snack:

The pupils are encouraged to bring in their own healthy snack of fruit or vegetable each morning. For children who do not enjoy these items, breadsticks or cheese are a good alternative., or a combination of the above: for example, a snack pot of cut up apple, cubes of cheese and raisins. We are a nut free school, but seeds are also a good source of energy.

From a healthy snack and environmental point of view, anything that comes in a wrapper is best avoided (crisps and cake bars for example) and whilst cereal bars can be good, they do often contain sugar and nuts so checking the label is a must. That said, boxes of raisins or a slice of Malt loaf are allowed.

The NHS Change For Life website also has some good suggestions and ideas for snacking principles, (<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/100-calorie-snacks/>) but not suggestions are suitable in terms of portability and they don't necessarily lend themselves to the life of a busy parent trying to get out of the door at a reasonable time in the morning!

Exceptions are made for children with specific medical needs, for example diabetes, who may require different snacks.

Drinks Policy:

- The children are encouraged to drink water throughout the day and bring their own water bottle from home.
- To ensure children do not use other people's bottles, each bottle must be named with the child's forename and surname.
- Only water is allowed - no ice or frozen water.
- Water can only be drunk during independent work sessions rather than during teacher input sessions.
- Water bottles are stored in an accessible place in the classroom. This will be away from children's desks to avoid spillages and overcrowding, but will be in an easily accessible place for children to access.
- The bottles need to go home each night to be washed and returned the next day.
- A filtered water dispenser is available to pupils in the hall. Water bottles can only be filled at break and lunchtimes.



Monitoring:

- The menus and quality of the food are monitored regularly.
- School staff and kitchen/catering staff meet regularly, both informally and formally, to review feedback on meals to ensure the quality in the provision and variety of food is maintained.
- Via the School Council, the children are asked for their opinion and experiences regarding the quality and variety of the food provided and general comments about the environment in which they eat.

Free School Meals:

The school recognises the particular 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 implemented which also ensures anonymity of the child when selecting and eating the school meal.

Treats and Rewards

Birthday sweets and other food treats may not be given out at school because of the danger of allergies (unknown or otherwise) and to ensure consistent messages about healthy eating. Staff aim to avoid giving sweets to pupils as rewards or gifts. On occasions children create a cake or baked treat in response to a homework task. We applaud such creativity, but ask that once the item has been shown in school it is consumed elsewhere.

Curriculum, Teaching and Learning:

- The National Nutrition Guide - 'The Balance of Good Health' is delivered primarily through the Science and PSHE curriculum.
- 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.
- Either parental permission is sought before any food tasting sessions or a letter home explaining an activity and the foods or ingredients that will be used is sent home and parents have the opportunity to 'opt their children out' of an activity for health reasons. .
- Parents are encouraged to join in/lead group cooking sessions, which take place in the children's cooking area in the dining room.

Parental Involvement:

- Information about school catering is provided at Parents' Evenings and in the Parents' Handbook, as well as in school newsletters
- Parents and governors are invited into school to eat lunch with children.
- Feedback from parents is invited on a regular basis.

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Appendix I - Guidelines for a Healthy Packed Lunch - The website

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes> has some ideas for lunchbox recipes as well as some top tips for a healthy lunchbox. These include:

Lunchbox tips



Keep them fuller for longer

Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Mix your slices

If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.



Freeze your bread

Keep a small selection of bread in the freezer. Make lunchboxes more interesting by using different shapes, like bagels, pittas and wraps, and different types of bread, such as granary, wholemeal and multi-grain.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.



Less spread

Cut down on the spread used and try to avoid using mayonnaise in sandwiches.



Cut back on fat

Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.



Ever green

Always add salad to sandwiches - it all counts towards your child's 5 A DAY.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox and swap for homemade plain popcorn or plain rice cakes instead.



Add bite-size fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Tinned fruit counts

A small pot of tinned fruit in juice - not syrup - is perfect for their lunchbox and is easily stored in the cupboard.



Swap the fruit bars

Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Remember to keep dried fruit to mealtimes as it can be bad for your child's teeth.



Watch the teeth!

Dried fruit counts towards your 5 A Day, but can stick to teeth so should only be eaten at mealtimes to reduce the risk of tooth decay.



Swap the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned - in juice not syrup).



Go low fat and lower sugar

Go for low-fat and lower sugar yoghurt or fromage frais and add your own fruit.



Check your cheese

Cheese can be high in fat and salt so choose stronger-tasting ones - and use less of it - or try reduced-fat varieties of cheese.



Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



Variety is the spice of lunchboxes!

Be adventurous and get creative to mix up what goes in their lunchbox.

Appendix II - contact details of our school lunch provider

Our school lunch providers are called 'It's Twelve 15.' Information about the company, school meals and contact details can be found on their website : <https://itstwelve15.co.uk/>