



Buckingham Park

Church of England Primary School

Excellence, through God who strengthens us

Jubilee Square, Buckingham Park.
Aylesbury, Buckinghamshire. HP19 9DZ

Email: office@buckinghampark.org

Web: www.buckinghampark.org

Food and Healthy Eating Policy

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1. Background

- 1.1. At Buckingham Park Church of England Primary School it is important that every member of the school community feels valued and respected, and that each person is treated fairly and well. We are a caring community, built on a clear Christian foundation and rooted in Christian values. We aim to provide the highest quality all round education, for each and every child, in partnership with parents, within the context of a Christian community. In short, 'Excellence, through God who strengthens us'.
- 1.2. Buckingham Park Church of England Primary School is committed to creating a school community where exemplary behaviour is at the heart of productive learning. Everyone, staff, children and parents alike, are expected to maintain the highest standards of personal conduct, to accept responsibility for their behaviour, and encourage others to do the same.
- 1.3. All school policies are therefore designed to support the way in which all members of the school can live and work together in a supportive way. It aims to promote an environment where everyone feels happy, safe and secure.
- 1.4. The school has a set of values that are based on Jesus' Sermon on the Mount. These are a means of promoting good relationships, so that people can work together with the common purpose of helping everyone to learn. These values are displayed below:

We are kind, helpful and polite
We do our best
We are honest
We share
We are peacemakers
We forgive others
We take care of everything, and everyone

- 1.5. The school expects every member of the school community to behave in a considerate way towards others and by following these set of values
- 1.6. We treat all children fairly and apply this behaviour policy in a consistent way.

2.0. Introduction

Buckingham Park Church of England Primary is a 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 which supports a healthy lifestyle.

Our school has held the 5 Star Food Hygiene Award, and was recently assessed to the same high standard on the 3rd of March 2020 by Environmental Health Inspectors.

3.0. Aims and Objectives

- To ensure that all aspects of food and nutrition in our school promote the health and well being of pupils, staff and visitors to our school.
- 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 members of our school community.
- To encourage all children to take part in the '5-A-DAY' campaign.
- A reviewed curriculum ensuring information relates to food and nutrition that is consistent and up to date.
- Establish an annual healthy food focus throughout the school, promoting healthy eating and drinking messages.
- Ensure healthy snacks are eaten at break times, healthy lunchboxes are consumed at lunchtimes, and food delivered for the catering service is compliant with the latest food standards.
- Consider a lunchtime healthy cooking club.
- Ensure staff responsible for food preparation has basic food hygiene training.

3.1. Meeting the Objectives

- ★ Discuss at School Council to monitor change.
- ★ Extra-curricular: Healthy Cookery Club at lunchtime/after school to be considered.
- ★ CPD: Train all staff responsible for food preparation on one day Level 2 food hygiene course. School Business Manager to attend the 2 day, Level 3, supervising catering course.
- ★ Annual Food Week/Healthy Bi-Annual Lifestyle Week:
Address food week through staff meetings and School Council.
Encourage healthy eating and fitness via theme weeks

4.0. Settings for Food Policy

We do not use vending machines in our school. All of our under-5s are entitled to free milk which is organised by the office administrator.

All of the Reception class and KS1 classes are given free fruit and vegetables funded centrally by the government at morning break time. No other snack is allowed during break for any children across the school other than fruit or vegetables. Fruit based snacks, such as yoghurt bites or winders, are not permitted.

5.0. School Lunches and Packed Lunches

All of our school meals are provided by contracted caterers, Alliance in Partnership Ltd, who have a healthy-food policy as part of their tender, and compliance with the National School Food Standards. Where possible this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide hot and cold choices, both of which pay regard to the nutritional balance and healthy options.

The Public Health Report, published in 2014, by Public Health England and the NAHT stated. "A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for all pupils with lower prior attainment".

We will provide Universal Free School Meals, funded centrally by Government, for all children in Foundation Stage Two and Key Stage 1 and encourage parents to take up this offer.

Staff will work with children to provide a clean, safe, welcoming and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away).

Some families prefer to provide a packed lunch, and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch our packed lunch guidance supports parents to make informed choices to create it healthily.

Please see Appendix 1. Packed Lunch Guidance Document.

We regularly include newsletter items about the contents of these and we do not allow sweets, chocolate bars (although we do allow chocolate covered biscuits at present) or fizzy drinks.

Food waste is kept to a minimum and there are plans to start a compost bin in the future.

6.0. Water for all

Cooled water is freely available throughout the school day to all members of the school community. There is a water fountain in KS1 and KS2, and drinking water is available in all classrooms.

Every child should bring in a water bottle and they may drink their water at any time except during the 15-minute assembly.

No alternatives to water are permitted in children's water bottles, unless specified in a health care plan for a medical reason.

7.0. Food across the Curriculum

In Foundation Stage, and KS1, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.

R.E. provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food technology as part of DT provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking. All children will also have the opportunity to plant and harvest from our school allotment and orchard (in development).

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income.

History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking. A gardening club is operated by teachers for the pupils to learn outside the classroom.

8.0. Partnership with parents and carers

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. 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 sweets and we remind them that only water may be drunk during the school day.

9.0. Role of the Governors

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.

10.0. Monitor and review

The Head Teacher and School Business Manager are responsible for ensuring that the food served in school is in accordance with this policy. Phase leaders and curriculum coordinators are responsible for the curriculum development of the food policy. The Head Teacher and PSHE co-ordinator are responsible for supporting colleagues in the delivery of the food policy. Alliance in Partnership Ltd is responsible for ensuring the quality of the food offered as part of the catering contract, and ensuring that no nuts or added salt is included in any meals or food products.

This document is freely available to the entire school community. It will be made available to parents in the school prospectus and on the school website.

11.0. Breakfast Club

Food provision at our breakfast club is compliant with the National School Food Standards. Relevant staff have Level 2 food hygiene and preparation qualifications. Children in the club have regular opportunities to discuss healthy eating as part of their general activities.

12.0. Events and Celebrations

We want to give children the opportunity to celebrate their birthdays but to promote healthy eating choices we would ask that parents and carers do not send in birthday cakes or sweets. If parents want to bring something in to celebrate birthdays we would ask that healthy foods such as fruit or non-food items such as stickers, a special book for the class or colouring pencils are considered as alternatives.

At Christmas and at the end of the school year, classes *may* have a class party in which food is brought in by parents and carers. We will provide a balance between treat foods and health fruit and vegetables at these times.

Staff will not give edible food gifts to children at the end of terms or the end of the school year. Alternatives to these will be provided instead.

13.0. Staff food

Staff food, including lunches and snacks throughout the day, will be stored in the staffroom, or in sealed boxes within teacher cupboards. Snacks other than fruit or vegetables must not be eaten in front of children.

Appendix One – Healthy Packed Lunch Guide

Food should be enjoyable and eating healthily is about getting the right balance of food in your diet. Foods should not be classified as good or bad and any food can be included in a healthy diet, it is the overall balance of nutrients in the diet that is important for health. Lunch is an important meal for everyone, particularly children. But for many people, getting inspiration for what to include in a child's lunchbox can be a difficult task.

This leaflet provides you with some helpful suggestions to make your child's lunchbox appetising and healthy. Variety is one of the keys to eating healthily so try not to offer the same foods on consecutive days. By including a broad range of foods, a much wider variety of nutrients will be eaten. A healthier lunchbox is about getting a balance and eating a wide variety of foods.

At Buckingham Park School we encourage children to bring a healthy, balanced packed lunch to school. This is a really important part of the school day, and a healthy lunch sets the children up for a productive afternoon. In preparing this leaflet, we have sought advice from the Children's Food Trust. We hope that you find this useful.

Packed lunches should include:

Starchy food. These foods provide carbohydrate to give your child energy for the afternoon. These include white or wholegrain bread, rolls, pitta bread or wraps, plain naan bread, bagels, cooked pasta, rice, noodles, couscous or potato as a salad.

Fruit and vegetables. These foods provide vitamins and minerals to help protect against illness. Please note that fruit based products and dried fruits are not a suitable alternative to 'whole' fruit. Products such as 'fruit flakes' or 'fruit winders' should not be considered as an alternative to fruit or vegetable.

Meat, fish, eggs, beans and other non-dairy sources of protein. These foods provide protein, iron and zinc to help your child grow. These include sliced meat, chicken, fish, sliced egg in sandwiches, rolls or wraps, meat alternatives such as tofu or pulses like kidney beans and chickpeas in salads.

Milk and dairy foods – these foods are a good source of calcium, for strong bones and teeth. These include Yoghurt or fromage frais, cheese in sandwiches or wraps.

Drinks - only water, semi-skimmed milk or yoghurt Water is always available in school. Avoid squash, fizzy drinks, and flavoured water even if labelled 'sugar free', 'no added sugar' or 'reduced sugar'. These can contribute to tooth decay and have little nutritional value.

Playtime Snacks: We currently provide all our children in Reception and Years 1 and 2 with a piece of fruit or vegetable each day. Children in Years 3, 4, 5 and 6 are asked to bring in a fruit or vegetable snack to eat at playtime. We do not accept any alternatives to fruit or vegetable (we do not allow fruit based products such as fruit flakes). It is helpful to prepare the food to make it more manageable (for instance, providing slices of apple rather than a whole apple).

Some items that we discourage from packed lunches:

- Confectionery such as chocolate bars and sweets are not allowed. Cakes and biscuits are allowed but please limit these as part of a balanced meal occasionally.
- Processed meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

- Snacks such as crisps should only be included very occasionally. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Please avoid nut based products – this helps us to manage the well being of children with serious allergies. For further information, or if you have any questions, please pop in to the school office or email office@buckinghampark.bucks.sch.uk