



Healthy Eating Policy

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1 Introduction

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this Healthy Eating Policy.

The nutritional principles of this policy are based on the statutory School Food Standards 2015 set out by the Department for Education.

2 Aims of the Policy

The main aims of our Healthy Eating Policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the school day

3 Links to the Curriculum

Food and nutrition eating is taught at an appropriate level throughout each key stage. This is addressed through:

3.1 Teaching Methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers' planning meetings.

3.2 Leading by Example

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

3.3 Visitors to the Classroom

Brookside Primary School values the contribution made by school visitors in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure

that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

3.4 Resources

Resources for the teaching of healthy eating in PSHE & science have been selected to complement the delivery of the curriculum in other subject areas. These are stored in resource bases, class rooms and electronically. Books are available for pupils from the school's book library resources.

4 Food and Drink Provision during the School Day

4.1 School Lunches

The School Food Standards apply to all hot and cold midday meals prepared for pupils during term time, including packed lunches.

Food prepared by the school catering team meets these standards.

4.2 Packed Lunches brought into School

The school encourages parents and carers to provide children with healthy packed lunches. Fizzy drinks, nuts and sweets are not permitted.

4.3 Healthy Snacks

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

Only fruit snacks are allowed at morning playtime. Key Stage 1 children have their fruit provided while Key Stage 2 can purchase or bring their own.

4.4 The Use of Food as a Reward

The school does not encourage the regular eating of sweets or other foods high in sugar, salt or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are the preferred option in school.

4.5 *Drinking Water*

The School Food Standards stipulate that drinking water should be available to all pupils, every day and free of charge.

Brookside Primary School provides a free supply of drinking water and all children in school are encouraged to have their own named water bottles which are refilled every day.

5 Special Dietary Requirements

5.1 *Special diets for religious and ethnic groups*

The school provides food in accordance with pupils' religious beliefs and cultural practices.

5.2 *Vegetarians and vegans*

School caterers offer a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.

5.3 *Food allergy and food intolerance*

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies / food intolerance and requests for special diets are submitted according to an agreed process.

6 Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include:

- ensuring that adequate storage and washing facilities are available;
- that food handlers undergo appropriate food hygiene training;
- that suitable equipment and protective clothing are available.

Any food safety hazards are identified are controlled. We consult our local Environmental Health Department about legal requirements.

7 Equality, Diversity and Inclusion

At Brookside School, we aim to ensure that no member of the school community experiences harassment, less favourable treatment or discrimination within the learning environment because of their age; any disability they may have; their ethnicity, colour or national origin; their gender; their religion or beliefs.

We value the diversity of individuals within our school and do not discriminate against anyone because of 'differences'. We believe that all our children matter and we value their families too. We give our children every opportunity to achieve their best by taking account of our children's range of life experiences when devising and implementing school policies and procedures.

8 Policy Review

This policy will be regularly reviewed by the Governing Body and updated in line with Policy Schedule set out by Equals Trust.

9 Further Information

For further information on the School Food Standards 2015, please see:

[https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/393122/School food in England 2015.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/393122/School_food_in_England_2015.pdf)