



Beauclerc and Chennestone Schools recognise the importance of a healthy diet and the significant connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards at schools. Our schools are committed to ensuring that awareness of healthy eating is promoted to all members of the school community and we also recognise the role we can play in promoting family health both for now and in the future. Through effective leadership, the schools' ethos and curriculum, we bring together elements of the school day to create an environment which supports sustainable healthy eating habits as part of a healthy lifestyle.

The policy will be further developed by both members of staff and pupils.

The principles of this policy incorporate those outlined in the School Food Plan www.schoolfoodplan.com

The nutritional principles of this policy are based on the 'eatwell plate' www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx and the School Food Standards www.schoolfoodplan.com/standards

FOOD POLICY AIMS

The main aims of our school food policy are:

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community
- To ensure that all members of the school community are able to make informed choices and are aware of the importance of healthy food, where food comes from and the need to support sustainable food and farming practices
- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills including food preparation.
- To ensure that the mandatory food based standards are implemented
- To ensure that the schools follows the principles laid out in the School Food Plan, including encouraging the take up of school meals
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school

These aims will be addressed through the following areas:

1. SCHOOL FOOD PLAN

The School Food Plan www.schoolfoodplan.com is an agreed national plan published to support schools to improve the quality and take-up of school food. The plan outlines how schools should improve their attitude to school food by:-

- Adopting a 'whole-school approach': integrating food into the life of the school: treating the dining hall as a hub of the school where children and staff can eat

together; lunch is an important part of the school day; the cooks are considered as part of the wider staff team and healthy living is part of a rounded education

- Concentrating on the things children care about: good food, attractive environment, developing life skills and ensuring that lunchtime is and enjoyable and social experience.
- Encourage take up of school meals and in particular encourage take up of the new Universal Free School Meals for all KS1 from September 2014

2. EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

3. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage Cooking and nutrition was brought in as a compulsory part of the national curriculum from September 2014. Schemes of work at all key stages reflect the whole school approach to healthy eating and incorporates the [DFE statutory guidelines](#).

This is addressed through:

- **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.
- **Cooking and nutrition**
As part of their work with food, pupils are taught how to cook and apply the principles of nutrition and healthy eating. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. All pupils are taught the basic principles of a healthy and varied diet, to prepare simple dishes and understand where food comes from. Older pupils are taught about seasonality and a range of cooking techniques.
- **Cross Curricular**
The schools recognise that food has a great potential for cross curricular work and is incorporated in teaching of a variety of subjects in addition to science and PSHE.
- **Staff training**
School staff including teachers, TAs, lunchtime supervisors and catering staff have a key role in influencing pupils' knowledge, skills and attitudes about food and healthy eating, so it is important that they are familiar with healthy eating guidelines. To facilitate this, the contents of this policy is known to staff and staff supporting children at lunchtime are aware of the requirements for children to have a healthy packed lunch. Catering staff are aware of the Healthy School recommendations when preparing and cooking food.
- **Visitors in the classroom**
Our schools value the contribution made by outside agencies including the school nurse in supporting class teachers. The schools ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The content of the visitor's talk is always discussed and agreed in advance to ensure it is age appropriate.

- **Resources**
Resources used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum.

4. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

- **Food Standards**
The National Nutritional Standards for Schools Lunches are compulsory and cover all food served in school including breakfast, lunch and afterschool meals; and food eaten at mid-morning break.
- **Breakfast**
Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. Whilst the breakfast clubs in our schools do not currently offer food, this is something we are looking to develop in the forthcoming academic year with our catering provider to deliver and will be exploring the provision of a breakfast menu to include cereal, fruit and toast
- **Lunch Food**
Lunch is prepared by the appointed schools' catering team and meets the National Nutritional Standards for School Lunches.
- **Universal Free School Meals**
From September 2014, all children in Reception, Year 1 and Year 2 in state-funded schools in England have been eligible for free school lunches. The schools and the Governing Body fully supports this initiative, encouraging children to have their free school meal. Research shows that a school lunch is nutritionally superior to most packed lunches and can lead to improved behaviour attainment.
- **Fruit Scheme (KS1 only)**
The schools are part of the National Fruit and Vegetable Scheme. Children eat their fruit at the beginning of break (Year 1 and 2) and in class (Reception).
- **Milk**
The Food Standards require that milk must be available for drinking at least once per day during school hours. The schools are part of the Cool Milk scheme and parents are encouraged to sign up on their website: www.coolmilk.com
- **Snacks**
The schools understand that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. The schools limits the range of snacks to fruit or cheese at break times. We discourage the consumption of snacks high in fat and sugar both at break-time and in packed lunches.
- **Special occasions**
There may be occasions where food contributes to a sense of celebration and sharing. On these occasions foods other than fruit or vegetables may be offered, but the staff will remind the children that this is an "occasional" treat and not "every day food. The schools in their duty to promote and model healthy lifestyles does not allow cakes or sweets to be sent in to celebrate a birthday. This also safeguards the significant number of children who have dietary restrictions.

- **Drinking water**

Drinking water is available to all pupils, every day, and free of charge. They should bring their own filled water bottle that can be topped up during the day. We are currently arranging the installation of two water bottle filling stations at Chennestone.

5. FOOD AND DRINK BROUGHT INTO SCHOOL

Any packed lunches prepared by the schools catering team adhere to the Government Food Lunch Standards. The schools encourage parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the 'eatwell plate'. Listed below are our current expectations regarding packed lunch items:

Packed lunches should include:	Packed lunches should NOT include:
<ul style="list-style-type: none"> • At least one portion of fruit and one portion of vegetables. • Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, and falafel). • A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals. • Dairy food such as milk, cheese, a pot of yoghurt, pot fromage frais or custard. • School will provide fresh drinking water thus packed lunches do not need to be supplied with a drink. All children are still required to bring a water bottle to drink from during the day. • Re-useable or recyclable packaging 	<ul style="list-style-type: none"> • Beauclerc and Chennestone Schools are nut free schools, please ensure no nuts or nut based products are in a packed lunch or supplied as a snack, including; cereal bars, peanut butter, cakes. • Due to serious allergies, please be reminded that kiwi, sushi and shellfish should not be included in lunch boxes. • Confectionary items and sweets • Unhealthy sandwich fillings such as chocolate spread. • Packaging which cannot be reused/recycled e.g. Cling film

Children will be offered water to accompany their packed lunches. If your child requires a drink other than water then this would be considered to be as part of special dietary requirements and therefore medical evidence will be required e.g. doctor's certificate or note.

6. SPECIAL DIETARY REQUIREMENTS

- **Cultural and religious diets**

Many people follow diets related to their culture or religious beliefs and the schools, in partnership with the catering teams, will make every effort to provide meals for all children.

- **Medical Diets**

Individual care plans are created for pupils with medical dietary needs/requirements. These document symptoms and adverse reactions and actions to be taken in an emergency.

- **Identifying special dietary requirements**

On joining the schools, parents are required to complete admission paperwork which includes forms to declare any special dietary requirements or medical needs. This information, where appropriate is shared with relevant adults in school and where this involves a dietary requirement, only relevant information is shared with the catering team. Should any such dietary restrictions arise during the child's time at Beauclerc and Chennestone schools, parents are urged to immediately advise their child's school and complete the necessary forms.

7. 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; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

8. THE FOOD AND EATING ENVIRONMENT

We are constantly reviewing lunch hall environment to ensure it has visual wall displays and a lunch rota in place to minimise the number of children waiting to be seated and to ensure a quick and efficient service.

9. MONITORING AND EVALUATION

Staff constantly reviewing the effectiveness of this policy. Feedback to both the school and the catering from children and parents are welcome.