



**BREThERTON ENDOWED CE PRIMARY SCHOOL
Food and Drink Policy 2023**

“Walking in the footsteps of Jesus with our Christian family, we learn, grow, achieve and flourish together in God’s love.”

This policy is for Bretherton Endowed CE Primary School and The Hub, Bretherton Endowed Out of School Provision.

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. The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse.

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 club menu is also available online and one-off family breakfast events are organised throughout the year.
2. **School Lunches.** School meals are provided by Lancashire catering provider and served between 12.00-12.40 in the dining hall. The school meals meet the mandatory requirements of the School Food Standards. Our school caterer also holds a catering award *****. School meals are planned on a 3 week cycle and always contain a meat, fish and vegetarian option. The school meals menu can be found on our school website.
3. **Packed Lunches.** The school’s packed lunch policy is developed using guidance from the Children’s Food Trust. The guidance 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

Packed lunches should not include:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars

Bretherton Endowed CE Primary School – Policy Document

- Sweets
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts

Packed lunches can bring a drink although water is always available.

4. Snacks The school understands that healthy snacks can be an important part of the diet of young people. In the Early Years, snacks in the morning are available to be purchased – Toast at 20p. and a piece of fruit or vegetables in the afternoon. We adopt a rolling snack provision. Pupils are able to bring healthy food allowed into school to eat at break-times. After school snacks are provided by the school via the Hub and a typical menu can be found on The Hub website. Pupils are allowed to bring in their own after-school snacks if attending a sports club.
5. Drinks: The school promotes the drinking of water and offers a cold fresh water machine. We also offer free milk entitlement for all primary children up to the age of 5 years.
6. 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, however, these lunches must adhere to the same food and drink guidance described above.
7. Rewards and special occasions. We accept that children like to offer sweets or cakes on celebration days, however we would encourage a healthy option where possible.
8. 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.
9. 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). The Eatwell model is used throughout the school as a model of understanding a balanced diet.
10. 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 Alison Moxham, Head Teacher and further information can be found in our Nut Allergy Policy. Pupil's food allergies are displayed in a sensitive way in relevant places around the school including the school kitchen.
11. 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. Teaching staff are also encouraged to eat a school lunch and sit with pupils in the dining hall.
12. Parents, carers and family members: Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families. Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend.

Monitoring and review

This policy has been developed in consultation with staff, pupils, parents/carers and governors.

The policy will be reviewed every 2 years.

Date policy implemented: March 2023

Bretherton Endowed CE Primary School – Policy Document

Review Date: before the end of 2025

All aspects of our policy intends to comply within the Data Protection (GDPR) legislation.



Headteacher : Mrs Alison Moxham Chair of Governors : Mrs P Aspden www.brethertonschool.org.uk