

# School Food Policy



## Introduction

At Bridgewater our policies are regularly reviewed. This reflects current practice within school and all related government guidance and statutory requirements.

We at Bridgewater believe that importance should be placed upon the kinds of food we eat and what we drink. In school, we try to take account of this and seek to clarify what is desirable in the kinds of things we eat and drink in order to achieve a healthy balance.

## Aim

To create a healthy ethos in our whole school community which will improve the health and self-esteem of everyone at our school and enable our children to make healthier choices and improve their educational achievement.

## Whole-School Organisation and Management:

- Healthy lifestyles will be promoted in every year group using specific programmes of study in Science, Design Technology, PSHCE and from the Curriculum Guidance for the Early Years Foundation Stage. Areas will be re-visited as pupils progress through the school and will be dealt with at the level of complexity, and using language appropriate to that age group.
- Additional activities will provide factual information and activities relevant to the topics across the curriculum using our PSHCE and PE schemes.
- Every child in the school has access to cooled water throughout the entire school day. Each child has their own water bottle, which is kept with them and can be filled at any time during the school day.
- Key Stage 1 are involved in the National School Fruit Scheme and Key Stage 2 are given a free piece of fruit daily. Free milk is also provided throughout the school. Wholemeal toast is also provided to all children mid morning.
- The school's Breakfast Club and wrap-around care provision also promotes healthy eating.
- Children who bring packed lunches are made aware of the school's healthy eating message. The school sends home any uneaten food (unless part eaten) so that parents are aware of what their child has eaten for lunch. Information leaflets are available at the school for

ideas for healthy packed lunches. Chocolate, sweets, crisps and fizzy drinks are not allowed.

- Our school meal menus have a reduced sugar content. Dietary requirements are catered for including those on religious grounds.
- We follow Natasha's law regulations and have a meat free day and fish only day.
- Treats are kept to a minimum but we do allow parents to send in a cake for a child's birthday, children with dietary requirements are given an alternative.
- Reasonable adjustments are made to the above in agreement with parents and professionals where a child's SEND need warrants it.

### **Role of Head teacher**

The Head will liaise with the Cook-in-Charge and all other food providers to ensure consistency between what is taught in the curriculum and what is provided whenever food is served in school. The Head will also act as a link and information conduit between Bridgewater staff, governors, parents and any relevant outside agencies.

### **Monitoring and review.**

It is the role of the Headteacher to ensure that the policy is fully implemented. Governors review this policy as part of their committee's monitoring of the effectiveness of the school's PSHCE programme.

**Reviewed:** Spring 2022

**Next Review:** Spring 2025