

<b>Policy title</b>	Food Policy
<b>Written by</b>	Principal
<b>Policy owner</b>	Principal

<b>Status</b>	Approved
<b>Summary of change</b>	None

At The Baird, we believe that teaching pupils about healthy lifestyles and healthy eating is an integral part of a pupil's education. It is at the early stages of life that pupils begin making choices for themselves over what they eat and drink and we strive to support them in choosing a healthy and balanced diet. We seek to promote the health and wellbeing of all members of our community and recognise that, endeavouring to promote healthy choices, the right foods and drinks can play a significant part in our pupil's development and attainment.

## Aims

The aims of this policy are:

- To ensure a consistent approach from the Nursery to Year 6 to food and drink provision throughout the academy day.
- To ensure that pupils learn about healthy eating as part of the curriculum and that these messages are reinforced throughout the day
- To ensure that all members of the school community are able to make informed food choices and are aware of the importance of healthy food, and able to make healthy food choices including when choosing snacks
- To ensure all food and drink served is in line with the Government's mandatory standards, is varied, is served in appropriate portion sizes, looks good and tastes good and promotes the health and wellbeing of the community.
- To make every reasonable effort to ensure that food provision in school reflects the ethical and medical requirements of staff and pupils e.g. ethnic, vegetarian, medical need, allergy, and that all relevant staff are aware of this.

The Baird will achieve these aims through:

- Ensuring that all the National School Standards are met (except for allowing exceptions at specified school events, i.e. school disco and fund-raising events)
- Encouraging pupils to have a free school meal if they are eligible
- Providing drinking water at all times
- Providing a safe and social environment for eating lunch through Family Dining
- Accommodating religious and medical needs
- Providing children aged 4-6 years with a free piece of fruit or a vegetable daily through the School Fruit and Vegetable Scheme
- Providing a broad and balanced curriculum that teaches the children about healthy choices and the importance of a healthy lifestyle
- Providing staff training that ensures everyone has a detailed understanding of 'the best which has been thought and said' so they can deliver the essential knowledge and skills for our pupils to live healthy lives
- Ensuring that ensure that all food produced, prepared or served on the premises is safe. Where appropriate, staff will have 'Food Safety' training.

## Tackling Obesity

We recognise that childhood obesity, as well as tooth decay and unhealthy lifestyles are a significant concern and that good eating habits established in childhood are more likely to be maintained in adulthood.

To counter the risk factors linked to obesity, The Baird Primary Academy will:

- Signpost families to relevant professionals
- Promote *Start4Life*
- Post on social media regarding healthy eating and obesity
- Ensure obesity and healthy eating are embedded within the curriculum
- Monitor school lunches and support parents to make changes where required
- Display physical activity information throughout the academy
- Ensure pupils have 2 hours of high-quality PE a week

- Ensure pupils have 30 minutes of physical activity a day
- Provide a sports coach to lead staff CPD for all staff and run clubs
- Provide engaging and exciting playtime equipment to meet the needs of all pupils, that focuses on engaging pupils in physical activity
- Be involved in local initiatives to encourage physical activity, e.g. Hastings and Rother Sports, Beat the Street, Walk to School, Scoot to School
- Use the PE and Sport Premium appropriately and effectively
- Developing the role of Play Leaders
- Ensure the curriculum covers healthy eating
- Ensure the academy is signed up to 'School Zone' (PHE) – resources include Change4Life <https://www.nhs.uk/change4life>
- Promote '5 a day' <https://www.nhs.uk/live-well/eat-well/5-a-day-what-counts/>

### Food Provision

At The Baird Primary Academy, we believe that a balanced diet is vital to children's health, development, concentration, behaviour and academic achievement. We also recognise that meal times represent a social time for pupils and staff. For this reason, we participate in family dining at lunchtimes.

### Break Time

The Baird operates a strict policy on healthy snacks during playtimes. Snacks should be fruit or vegetable based, low in saturated fat, sugar and salt. Pupils in EYFS and KS1 will be provided with a piece of fruit on a daily basis through the School Fruit and Vegetable Scheme. Pupils in KS2 will also have access to a range of healthy free fruit due to the provision of a grant from Tesco's Fruit for Schools scheme.

We will work with parents to help reinforce healthy eating messages, support the whole school approach to food and ensure food meets the standards. If a child brings in an unhealthy snack, the class teacher will be informed and speak to the parent at the end of the day. This conversation will be noted as a 'parental contact' on CPOMS.

### Lunchtime Provision – Family Dining

Family dining is a time where staff and pupils come together to dine together, share experiences and reflect on their day. We believe that family dining is integral to the building of strong social and emotional relationships amongst our pupils. It is a time when we enjoy being together and is a valuable opportunity to support one another and model social norms.

Family dining is a calm, social time where staff model the expected standard and where pupils learn appropriate table manners and are encouraged to behave in a socially appropriate way. Pupils also learn to take account for their environment and be responsible for their actions. We believe this enables our pupils to develop effectively as citizens who are well equipped for future social experiences.

Through family dining we aim to establish social norms which support our pupils to feel safe, secure and to understand the normal social expectations for a dining experience.

Children sit in mixed age groups, including staff, as a family – these groups are set for a term. The children serve each other, support each other to develop appropriate table manners and skills, talk to each other and clear up together – just as a family would at home. Staff support children to develop appropriate eating skills and positive table manners. Staff also monitor pupils' eating to ensure they have sufficient time to eat and a broad and balanced healthy diet.

### Academy Lunches

School lunches are provided by Chartwells and follow the nutritional guidelines set out by the DfE. Details of the menu can be found on our website. Through family dining, we endeavor to encourage pupils to try new foods and praise them for doing so. We aim to provide every pupil with the opportunity to eat a healthy, balanced meal and our range

of meals takes into account health, religious and ethnic requirements. This message is consistent with our teaching of healthy eating (including the 'Eatwell Plate' - see appendix 1) and compliant with the School Foods Standards.

The Baird Primary Academy believes that staff (both external and internal) play a vital role in encouraging the pupils to enjoy a healthy diet and a pleasurable dining experience.

They do this in family dining through:

- Providing an appealing and healthy meal
- Interacting with the children in a nurturing way
- Serving so that food on the plate looks appetizing
- Encouraging the children to try different foods
- Encouraging quiet conversation between friends on their table
- Maintaining a peaceful, happy dining environment
- Encouraging the children kindly to eat a healthy amount of their school dinner

We will work with parents to encourage pupils to have a Free School Meal, using the following strategies:

- Ensuring that the school dinner is an attractive option to all pupils through rigorous scrutiny by the SLT of quality and healthiness
- Ensuring that those who have a FSM are able to eat with their peers who have a packed lunch
- Ensuring that there is sufficient choice and variety in the school dinners for those who follow restricted diets
- Providing evidence to the parents of the value, quality and health benefits of the school meals through social media and newsletters
- Encouraging staff to eat a school meal with the children occasionally

### Packed Lunches

Packed lunches should be balanced and healthy, in line with our whole academy approach to food and with the Eatwell Plate (appendix 1). We would encourage parents to ensure that packed lunches contain at least one piece of fruit.

Packed lunches should not contain:

- Fizzy drinks
- Drinks with added sugar
- Chocolate or sweets

If the lunchtime staff identify something in a child's lunchbox which is not in line with the whole academy approach to food, the pupil will not be stopped from eating this item, however, staff will ensure that this is reported to parents and that a conversation is had with the class teacher and parent to find a healthy alternative. On occasions pupils may be stopped from eating large quantities of things like chocolate and staff may offer a school meal instead.

Regular posts are made on social media and newsletters to advise parents on healthy lunchboxes and they will be informed about and encouraged to consider free school meals if they are eligible.

The Baird Primary Academy is a 'nut free' school and requests all parents ensure there are no products containing nuts in packed lunches.

### Water and Hydration

The Baird Primary Academy acknowledges the research that there are many health benefits associated with drinking water.

Each pupil is provided with a school water bottle, so that they may stay hydrated throughout the day. Children are able to fill these up throughout the day. They are cleaned daily and refilled with fresh water each morning.

### Celebrations, Treats and Rewards

The Baird appreciates that food is often an important part of celebrations and will ensure that healthy options are available. Parents and carers are advised of our food policy and are encouraged to make healthy food choices for the sharing and celebrating of pupils' birthdays etc. Despite this, we recognise that at times of celebration there may be a small amount of unhealthy food as a 'treat'.

### The Curriculum

The Baird Primary Academy is aware of its responsibility to educate their pupils so that they can make healthy and informed food choices by:

- increasing awareness of the importance of a balanced diet and appropriate portion choices
- teaching them about the relationship between food, physical activity and health benefits
- challenging and changing attitudes
- enhancing skills through the provision of cookery lessons
- teaching them about the importance of a healthy weight and the health problems linked to being overweight or obese
- teaching them of the link between unhealthy food and drink and dental problems

They also know that it is important that pupils are aware of:

- where food comes from
- the need to support sustainable food
- farming practices
- links between the production of certain foods and climate change (i.e. palm oil)

As an academy, we teach these within our broad and balanced curriculum.

Cookery is taught regularly as part of Design Technology, across all key stages, in line with the whole-academy approach to food and health eating.

The academy advises that:

- recipes should be predominantly savoury
- ingredients should link with the balance demonstrated in the 'Eatwell Guide' (see Appendix 1)
- recipes should encourage children to experience a range of different foods and tastes
- all aspects relating to food and healthy eating are covered in context wherever possible, and reflect the whole-academy approach to healthy eating.

### Health and Safety

It is not only a legal requirement, but also this Academy's firm belief, that risks to health and safety should be controlled wherever possible through risk assessments. These are, therefore, conducted in this Academy on a regular basis and cover all identified risks to our pupils, our staff, our buildings, our grounds, in our daily routines and at all Academy events. We have a number of members of staff across the Academy that hold current Food Hygiene Certificates.

All food preparation will adhere to the Academy's health and safety policy and be carried out according to good food hygiene and preparation standards. Health and safety remains the responsibility of all staff. Wherever possible, food preparation will be carried out in designated areas in the Academy.

### Appendix 1

# Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.  
Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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