

# Britannia Primary School and Nursery



## Food Policy

**‘Developing responsible citizens, confident individuals, and independent learners’**

<i>Prepared by</i>	<b>A Bates</b>
<i>Adopted by Governors on</i>	<b>Autumn Term 2025</b>
<i>Committee</i>	<b>LAB</b>
<i>Signed by Chair of Committee</i>	<b>K Smith</b>
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## Definition of a Parent

- All biological parents, whether they are married or not.
- any person who, although not a biological parent, has parental responsibility for a child or young person - this could be an adoptive parent, a step-parent, guardian or other relative
- any person who, although not a biological parent and does not have parental responsibility, has care of a child or young person.

A person typically has care of a child or young person if they are the person with whom the child lives, either full or part time and who looks after the child, irrespective of what their biological or legal relationship is with the child.

## Introduction

At Britannia Primary School we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

This policy explains:

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices.

## Aims

We aim to:

- Increase knowledge and awareness of a healthy diet through our RSHE, DT and Science curriculum
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have access to a healthy school meal if they choose to
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day
- Promote healthy eating/ healthy food choices and discourage unhealthy eating/ food choices
- Be a role model, as adults, for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day.

## Responsibilities

It is the responsibility of all staff including teaching, support and catering staff to implement the food policy. This involves actively acting as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices. The subject leads for PSHE, DT, and Science are responsible for what is taught about healthy eating and practical food education in the curriculum, this is evident through our curriculum planning. In addition, the leader Governor on health and wellbeing ensures the policy is implemented. Caterers and kitchen are responsible for providing high quality food that complies with the school food standards and contributing to a welcoming and positive eating environment. Parents receive the catering menu for the term, and this is shared with the children in advance to enable healthy choices to be selected.

## Key contacts:

Foundation: Mrs Johnson

Key stage 1: Mrs Coyston

Lower Key stage 2: Mr Booth

Upper Key stage 2: Mrs Jordan

PSHE lead: Miss Le Grice

PE lead: Mr Clarkson

Science lead: Mrs Stollery

DT lead: Mrs Krzywanska

Lead Governor: Mrs Smith

Catering Contact: Mrs Bates

This policy will contribute towards other policies in the following way:

Behaviour – We use non-food related rewards for positive behaviour

PSHE- Healthy food and choices and is included in the curriculum

DT- Practical food activities included in curriculum

PE- healthy eating linked to exercise

Science- Healthy eating and nutrition is part of the science curriculum

Equality- We take account of the needs of all our children, including those with disabilities and allergies.

## Teaching about healthy eating and cooking in the curriculum

Food production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE, DT and PE. We ensure that pupils are taught cooking from Reception up to Year 6, in line with the new national curriculum and emphasise safety issues.

## School Lunches

All our school meals are provided by the in-house Catering Team, who acts in accordance with the School Food Standards. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods. We work with families who are eligible for free school meals to encourage them to take this up and in KS1 we encourage all parents to take up the opportunity of universal free school meals. Class teachers join their pupils periodically for meals and use this to monitor and encourage healthy eating as well as develop their personal and social skills.

Our menu can be found on our website and is updated termly.

## Snacks

All EYFS and KS1 classes include a morning snack of fruit and/or vegetables. As part of promoting healthy eating, children encourage each other to eat the fruit and vegetables. Children are given responsibility for passing the fruit to others and help to clear it away. In KS2 healthy snacks are allowed at break time. Fizzy drinks, sweets, crisps and chocolate biscuits are not allowed in school.

## Packed lunches

Packed lunches which are prepared by the school caterers adhere to School Food Standards. The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch and Balance of Good Health (Food Standards Agency).

Please be aware that packed lunches are stored on trollies and are not refrigerated so either put an ice pack in box or do not put any high-risk foods in.

## ABC Childcare (before and after school care provision)

Healthy food choices are offered and promoted at ABC Childcare. A weekly menu of after school snacks is available and adheres to the aims outlined in the school food policy.

## Nut allergies

We are a nut free school, but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school and children with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions.

## Food Allergy and Intolerance

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

We also as a school cater for Vegetarians daily and when necessary, the school would provide a vegan meal.

## Religious and Ethnic Groups

We provide food in accordance with pupils' religious beliefs and cultural practices.

## Partnership with Parents

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned, each must reinforce the other.

We ask parents and carers not to send food or drinks which conflict with our food policy, and we remind them that only water or milk be consumed during the school day. During out of school events, the school will encourage parents and carers to consider the food policy in the range of food and drink offered. Parents are also informed of the school meals on offer through the weekly menu sent home each term, via Parent mail and School Website. Parents are given information about the annual national weight measurement programme that children in reception and Year 6 take part in.

## Water for all

During school meals time's only drinks which comply with the School Food Plan guidelines may be consumed including water, low sugar fruit juice and milk. If children bring in a sugary drink, they will be asked to take it home and we talk to parents and carers and remind them of the food policy. Children are encouraged to drink water regularly throughout the day and have water bottles in class. Cooled water is available throughout the school and water fountains in the playground.

## Curriculum assessment and monitoring

Children's learning about healthy eating is assessed in line with the school's assessment policy through science and RSHE (as per the curriculum section on the website)