

**Brookfield Primary School  
Whole School Food Policy  
September 2019**

**Approved by governors:** Oct 2019    **Review date:** every 2 years

### **Introduction**

We have been recognised as a Camden healthy school and our food policy meets the Camden Healthy School standards.

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular activities.

### **Why a policy is needed?**

As a Rights Respecting School, Brookfield is committed to ensuring that all children are able to access their right to nutritious food and the best possible health (Article 24).

In Camden, 1 in 5 Reception aged pupils and more than 1 in 3 Year 6 pupils are overweight or obese. We believe that by working in partnership with parents and carers we can play an important role in preventing and reducing obesity through ensuring pupils eat a healthy, balanced diet while at school and learn about healthy eating and cooking and making healthy food choices.

We also recognise the important part a healthy diet plays for a child's wellbeing and their ability to concentrate and learn effectively and achieve.

The School Food Plan was published in 2013 by the Department of Education and sets out seventeen actions to transform what children eat in schools and how they learn about food. As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They became mandatory in all maintained schools, academies and free schools from January 2015.

The Eat Well Guide was developed in 2016 and shows the proportions in which different groups of foods are needed in order to have a well-balanced and healthy diet.

As a Healthy School we support the School Food Plan and ensure we provide food and drinks that meet the School Food Standards and reflect the Eat Well Guide.

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

## **Our approach to improving pupils' health through healthy eating**

We aim to

- Increase knowledge and awareness of a healthy diet
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- 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/unhealthy food choices
- Be a role model 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 including at special events and celebrations

### **Responsibility**

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to act as role models, demonstrating positive attitudes to healthy eating, making healthy food choices themselves when supervising pupils, and developing pupils' awareness and understanding of how to make healthy food choices.

The Senior Leadership Team, Healthy School Lead and School Business Manager lead on the development and monitoring of the Whole School Food Policy and liaise with the lunchtime meal supervisors, cooks and kitchen staff. The School Business Manager ensures that the food and drinks served, consistently comply with the National School Food Standards (SFS); at breakfast clubs, afterschool clubs, break, lunch and special events.

The PSHE Lead in liaison with the Science Lead, is responsible for what is taught about healthy eating and the DT Lead is responsible for the Cooking and Nutrition curriculum.

The lead governor on health and wellbeing ensures the policy is implemented.

Cooks and kitchen staff are responsible for providing high quality food, promoting healthy eating and contributing to a welcoming and positive eating environment.

### **Key contacts**

PSHE and Citizenship Lead: Seren Quested

DT/Cooking and Nutrition: Emily Price

Science Lead: Carla Wallington

Lead Governor: Jo Cooke

Healthy School Lead: Seren Quested

Member of staff with responsibility for food in schools: Pamela Boreland

Kitchen Manager: Randolph Hardingn (Junior)

Deputy Kitchen Manager: Reda Liebiene

**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 making healthy choices is included in the curriculum
Science	Healthy eating and nutrition education is part of the science curriculum
Design and Technology (including Cooking and Nutrition)	We teach the statutory Cooking and Nutrition curriculum to Key Stage 1 and 2 which includes practical cooking opportunities
Equality	We take account of the needs of all our children, including those with disabilities, dietary needs and allergies

**Development of the policy**

This policy was drafted by the Senior Leadership Team and the PSHE Lead following advice from Camden’s Health and Wellbeing Team and discussed at a staff INSET, which included all the teaching and support staff. Parents and carers and the school council were also consulted.

We have taken account of national guidance produced by the Children’s Food Trust, Change4life, information from the Department of Health and NHS and the National School Food Standards.

**Teaching about healthy eating and cooking in the curriculum**

The statutory Cooking and Nutrition curriculum encompasses the teaching of food and its production, preparation and nutritional value. It is a statutory part of the curriculum for pupils at Key Stages 1 and 2. The main subjects which incorporate the teaching of Cooking and Nutrition include PSHE, Science and Design and Technology.

We ensure that pupils are taught cooking every year up to Year 6. Every Year has at least 3 opportunities to prepare and cook healthy food, in line with the national curriculum and with an emphasis on hygiene and safety issues. We link teaching about healthy food choices with the school lunch menus and celebrations.

Pupils’ learning about healthy eating is monitored and assessed in line with the school’s assessment policy through science, PSHE and Cooking and Nutrition. A review of what is taught includes feedback from staff and pupils. Information about what we teach is on the school website.

**Training staff to deliver practical cooking lessons**

Staff routinely involved in food preparation and cookery lessons attend training to update their skills, knowledge and understanding in food related issues including food hygiene. Practical cooking lessons are based upon healthy and predominantly

savoury recipes. Staff teaching aspects of food with no formal training are supported by those who have.

Food is handled and stored safely in line with the Food Standard Agency guidance. The Cooking and Nutrition Lead has a level 2 Food Safety qualification.

### **School lunches**

All our school meals are prepared and cooked on site by our cook and his team in accordance with the National School Food Standards (SFS). The kitchen premises have been awarded a 5 star hygiene rating.

In light of the fact taste buds and food preferences change over time and research which shows it can take up to 15 times for a child to decide if they like or dislike a food, we support and promote new recipes and foods being included in school menus. If any changes are requested and made to menus, the School Business Manager and cook ensure menus continue to comply with the National SFS.

We encourage parents and carers and pupils to choose school meals, rather than packed lunches, where possible, which ensure pupils receive a nutritious, well-balanced hot meal every day.

School lunches are promoted to pupils and parents and carers at the start of the school year and on an ongoing basis and we use feedback from pupils on how to make lunch times and the dining hall a positive environment to eat in. Where possible, staff sit and eat their meals with pupils and use this to monitor and encourage healthy eating.

A copy of the weekly menu is displayed in the dining hall and communicated to parents and carers and discussed with pupils. Copies are also on display on the school notice boards, reception area and staff room. We ensure that the menus are visually appealing, enabling pupils to easily choose a healthy lunch and for this reason, staff consistently encourage pupils to eat foods that they have rejected in the past.

The dining area has a calm and positive atmosphere where pupils can socialise and enjoy the dining experience. We have lunchtime buddies who hand out cutlery, serve water, help younger children to scrape their plates and wipe up small spillages.

Staff monitor food choices and encourage pupils to try new foods. The school council regularly gather the views of pupils and give feedback to the cook. Any proposed changes are always in line with the School Food Standards.

Parents and Governors are invited to sample the school lunches and provide the school with feedback on their experience which informs this policy.

We work with families who are eligible for free school meals to encourage them to take this up.

## **Nurturing healthy eaters**

There are times when some children may appear to be a '*fussy eater*' and can be selective about what they eat, or how they eat. In order to encourage healthy eating, it is important that the approach towards fussy eating behaviour is consistent and essential that all those involved at mealtimes agree and follow the same strategies. For this reason, we ensure we discuss all issues with parents/carers and come up with joint solutions, to ensure that there is a consistent approach at home and in school.

We follow the strategies recommended by Camden which include *sitting "fussy" eaters with "good" eaters, using praise and non-food rewards for good eating behaviour and not commenting on fussy eating behaviours, allowing children to serve themselves where possible, staff sitting and eating with children at lunch times.*

## **Food other than Lunch**

All food other than lunch provided by the school (including at Breakfast Club, break times and Brookfield After School Club) is in line with the School Food Plan guidelines for "[food other than lunches](#)" and reflects the healthy eating principles as promoted in the Eatwell Guide (see page 10). Staff serving food at these times all have Level 2 Food Safety qualifications.

We also use further guidance supplied by the Camden Health and Wellbeing Team on appropriate foods to provide at these times and base our provision on this guidance.

## **Breakfast club**

We provide food and drinks that meet the National School Food Standards for "food other than school lunches" and that reflects the Eatwell Guide, including

- Fresh, dried, stewed or tinned fruit (in natural juice)
- Vegetables e.g. tomato, mushroom, avocado or spinach
- 100% fruit juice (no more than 150ml per child)
- Porridge, wheat biscuits, popped rice cereal, low sugar muesli or cornflakes
- Toast, bagels, English muffins or teacakes (preferably wholegrain)
- Low fat Greek or natural yoghurt with no added sugar
- Low fat cheese
- Semi-skimmed milk
- Boiled, scrambled or poached eggs
- Low salt and low sugar baked beans
- Reduced-fat spreads, such as olive oil or sunflower spreads

## **Break time**

Pupils are permitted to bring only healthy snacks low in fat, sugar and salt to school and on school trips including:

- Fruit
- Vegetables
- Plain, low fat yoghurt
- Plain popcorn
- Rice cakes

All children in the Early Years and Key Stage 1 and those eligible for free school meals receive a free morning break time snack of fruit and vegetables. As part of promoting healthy eating children encourage each other to eat the fruit and vegetables and help to clear it away. Children in Key Stage 2 are able to buy a piece of fruit for 20p during morning break.

### **Brookfield After School Club**

Food and drink provided by after school clubs or brought in by pupils needs to be consistent with the school's healthy eating messages, meet the National School Food Standards for "food other than school lunches" and reflect the Eatwell Guide.

We provide healthy snacks including:

- Fresh or tinned fruit e.g. whole or sliced fruit or tinned fruit salad in its own juice - not syrup
- Vegetables e.g. carrot, celery and cucumber sticks, cherry tomatoes, sweet corn, sugar snap peas
- Sandwiches with a range of fillings including low fat cheese, low fat cream cheese, egg mayonnaise, tuna and sweetcorn
- Toast, bagels, crumpets, teacakes, crackers
- Jacket potatoes
- Baked beans
- Low fat cheese
- Houmous
- Low fat Greek or natural yoghurt with no added sugar
- Water

We ask that pupils do not bring:

- Nuts or any products containing nuts
- Salted snacks such as crisps\*
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum \*\*\*
- Fruit juice, squash which contains added sugar or sweeteners, fizzy drinks, energy drinks or sweetened milkshakes\*\*\*

\* 1.5g salt per 100g is high (0.3g /100g is low)

\*\*17.5g fat per 100g is high (3g /100g is low)

\*\*\*22.5g sugar per 100g is high (5g /100g is low)

### **Water for all**

We want to reduce consumption of sugary drinks and so we are proud to be a water only school. This means water and milk are the only drinks allowed to be consumed during and outside of meal times (lunch and break times). In compliance with the National School Food Standards, we provide water and milk for all pupils during school meals. If pupils bring in a sugary drink, they will be asked to take it home and we communicate with parents and carers to remind them of the food policy.

We have water fountains at various locations throughout the school grounds and pupils are encouraged to drink water regularly throughout the day and have drinking water available in class. Tap water is available to staff and visitors in the staff room.

## **Healthy events, birthdays and cake sales**

We use guidance provided by the Camden Health and Wellbeing Team to support the celebration of birthdays and other events.

While we want to make sure that children are made to feel special when it is their birthday, as a school we want to ensure that there is greater equality in the way that birthdays are celebrated and to do so in a healthier way. For a variety of reasons, not every family is able to bring in cakes or other treats for their child to share with their class on their birthday. There are also a significant number of children in the school who have allergies and are therefore unable to take part in such celebrations. Furthermore, there is growing concern about the amount of sugar present in children's diets and as part of our commitment to being a Healthy School, we have a responsibility to try and reduce the amount of food high in fat and/or sugar which is consumed at school.

For these reasons, all birthdays across the school will be celebrated in the same way. Children will be given a special birthday sticker by their teacher and sung 'Happy Birthday' to by their class. Please do not send in any cakes or other treats as, unfortunately, they will have to be sent home uneaten.

We have a number of fundraising opportunities throughout the year and limit cake sales to no more than one per half term. A healthy alternative is provided at all cake sales.

We believe it is important for pupils to learn about cultural celebrations and food often forms an important part of these celebrations. When we hold celebrations, we predominantly serve healthy foods which are low in fat and sugar and include fruit and vegetables. If parents and carers would like to prepare food for a celebration we ask that healthier cooking methods such as baking, boiling and grilling are used instead of frying and that mostly savoury foods are provided.

## **Rewards**

We do not reward children with food, instead we use praise and non-food rewards such as stickers.

## **Food Allergies**

As part of our duty of care to all pupils we use guidance from Anaphylaxis Campaign (<https://www.anaphylaxis.org.uk/>) to take a whole school approach to allergy management. Further support and information can be found from Allergy UK ([www.allergyuk.co.uk](http://www.allergyuk.co.uk)) and Food Standards Agency (<https://www.food.gov.uk/>).

In order to minimise the risk of an allergic reaction it is important a shared responsibility between the child (if age-appropriate), family of the child, school, school caterer, GP and school nurse is taken. As part of this we have procedures in place to minimise the risk of a reaction occurring in a food-allergic child and these procedures are reviewed following the event of a reaction occurring. These include:

## Communication

- Firstly, and most importantly we ask that parents of a child diagnosed with a food-allergy by a health professional e.g. a GP or dietician, make the school aware of the diagnosis in the first instance and this will be communicated to the school nurse and school caterer. It is essential that the school has full details of pupils' allergies and parents are expected to provide updates when there are changes.
- Where we know there is a risk of an allergic reaction to foods amongst the children, we will seek advice and may consider asking parents not to put food products which may contain those substances in to packed lunches or any food that is brought in to school.

## Individual management plan development

- We work with parents to develop an individual management plan that accommodates the child's needs throughout the school day. The plan is communicated to all school staff and staff are aware of and look to minimise any potential triggers.
- The child's management plan is reviewed annually or following the event of a reaction occurring (whichever occurs first).
- All medication is clearly labelled with drug name, the child's name, date of birth and the expiry date.

## Training and education

- All staff are appropriately trained on minimising triggers and on the management of allergies, including the use of epi-pens.
- We make pupils aware that some children suffer from allergies and educate on the health effects and impacts of allergies and how pupils can minimise triggers. This includes not allowing children to share or swap foods.

## **Partnership with parents and carers**

We inform and involve parents and carers about healthy eating, including the food policy and packed lunch policy, through coffee mornings, the school website and newsletters. The partnership of home and school is critical in shaping how children behave, particularly where health is concerned. Each helps to reinforce the other. As a school we always aim to lead by example and thereby provide a consistent message around healthy eating and we encourage parents and carers to do so as well.

We ask that parents and carers follow the school's packed lunch policy both for school lunches and for school trips

Parents and carers are given information about and encouraged to participate in the annual National Child Measurement Programme (NCMP) that measures the weight of children in Reception and Year 6. Where needed we give information to parents and carers about where they can get advice and support for achieving and maintaining a healthy weight and we make referrals to external support services in line with our referral system when necessary.

We offer Camden's Families for Life Programme - family learning workshops for children aged 2-11 years on healthy eating, physical activity and cooking. We also promote healthy eating workshops for parents and carers with children under 5, through the Children's Centres and nurseries.

Parents and carers are made aware that we are a healthy school through the prospectus, school website and regular newsletters and how our approach to healthy eating is in keeping with this.

### **Monitoring food provision**

The school gathers feedback from pupils, parents and carers and staff about healthy eating and food provided as part of an annual review. The results are used to evaluate the impact of the food policy and to further improve the school meals and food provided throughout the school day.

We monitor food waste when appropriate and take relevant measures to reduce food waste.

### **Disseminating the policy**

A full copy of this policy is freely available to parents and carers on request and is on the school website. Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in supporting the curriculum. Aspects of the policy are included in the prospectus.

The policy is included in the

- Staff Handbook
- School Website

[Appendix 1: Packed lunch policy](#)

[Appendix 2: Eatwell Guide](#)

## **Appendices:**

### **Appendix 1: Packed Lunch Policy**

#### **Aim**

To ensure that all packed lunches brought from home and consumed in school hours (or on school trips) provide pupils with healthy and nutritious food that is in line with The School Food Standards.

#### **Why was this policy produced?**

- To make a positive contribution to pupils' health and reflect a Healthy School
- To promote consistency between packed lunches and food provided by the school which complies with the National Food Standards set by the government.

#### **Packed lunches should include:**

- At least one portion of fruit and one portion of vegetables every day.
- Meat or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel) every day
- Fish at least once a week and oily fish, such as salmon, trout, mackerel and sardines, at least once every three weeks
- A portion of starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (aim for wholegrain varieties)
- A portion of dairy such as semi-skimmed milk, low fat cheese, low fat and sugar yoghurt, fromage frais or a soya product every day.
- Only water or milk to drink
- If puddings are included, we ask that these are predominantly fruit based. This is in line with the fruit based pudding that children with school meals receive, examples are fruit salads or tinned fruit with yoghurt or custard, fruity rice puddings, fruit smoothies and fruit based crumbles.

#### **Packed lunches may occasionally (no more than twice a week) include:**

- Meat products such as sausage rolls, individual pies, corned meat and sausage/chipolatas\* \*\*
- A plain biscuit or a plain piece of cake (no chocolate chip or icing/frosting) \*\*\*

#### **Packed lunches should not include:**

- Nuts or any products containing nuts
- Salted snacks such as crisps\*
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum \*\*\*
- Fruit juice, squash which contains added sugar or sweeteners, fizzy drinks, energy drinks or sweetened milkshakes\*\*\*

\*1.5g salt per 100g is high (0.3g /100g is low)

\*\* 17.5g fat per 100g is high (3g/100g is low)

\*\*\*22.5g sugar per 100g is high (5g /100g is low)

#### **Special diets and allergies**

The school recognises that some pupils may require special diets that do not allow for the National School Food Standards to be fully met. In this case parents and carers are asked to be responsible for ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

#### **Packed Lunch Containers**

Pupils and parents and carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime

period. Pupils and parents and carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles. Foods are at risk of harmful bacteria if they are prepared and stored in warm temperature, so it is advised that an ice pack is included in the food container.

### Monitoring packed lunches

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on providing healthy packed lunches. If pupils consistently bring packed lunches that do not meet these guidelines, a letter will be sent home along with a copy of this policy.

### Disseminating the policy

Key information from this policy will be incorporated into the following documents:

- School Handbook / Prospectus
- Staff Handbook

A full copy of this policy is freely available to parents and carers on request and is on the school website. Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in its delivery

### Appendix 2: Eatwell Guide

