



# **Barnett Wood Infant School**

## **Food Policy**

Policy Originator	Anne Gibbard
Status & Review Cycle:	Non-Statutory, every 3 years
Next Review Date:	November 2026

# **Barnett Wood Infant School**

## **Whole School Food Policy**

### **Introduction**

Barnett Wood is committed to promoting and cultivating a healthy lifestyle culture within our school. We understand that a healthy diet is crucial to a child's health, wellbeing, learning and achievement both now and in the future. We recognise the importance of educating our pupils and developing positive attitudes towards food and a healthy diet. We believe that our school, in partnership with parents, carers and other professionals within our community, can work together in order to encourage our pupils to make informed healthy food decisions by increasing awareness and understanding of food.

The purpose of this policy is to ensure that all aspects of food provision in our school are in line with the latest UK government legislation and promote healthy eating habits among students. This policy aims to provide clear guidelines for the school community regarding food-related activities, including meals provided on-site, packed lunches, and food brought from home.

[School food standards practical guide - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/publications/school-food-standards-practical-guide)

### **Aims and Objectives**

- To improve the health of our pupils, staff and the whole school community by increasing knowledge of what constitutes a healthy diet.
- To ensure pupils have access to quality, appetising, and nutritious food.
- To ensure pupils stay hydrated and have access to safe, drinking water during the school day.
- To promote healthy eating practices within our school and discourage unhealthy food choices.
- To provide opportunities for all pupils to prepare healthy snacks and dishes.
- To ensure the provision of food within our school takes into careful consideration of the ethical and medical requirements of pupils and staff, e.g. religious, vegetarian, medical and allergenic needs.
- To educate our staff, pupils and their families about the risks and negative effects of an unhealthy lifestyle.

### **Responsibility**

#### **The role of parents**

We at Barnett Wood, are aware that educating children about food and promoting a healthy

eating culture lies primarily with parents and carers. We wish to foster positive and supportive partnerships with the families of our pupils through mutual understanding and co-operation. We will aim to do this in the following ways:

- Regularly provide parents with information and advice regarding healthy eating so that parents can reinforce the key messages that children receive at school.
- Ensure the Whole School Food Policy is accessible to all families via the Barnett Wood School website.
- Encourage parents to promote a healthy eating culture when participating in food-related events within school.

#### **The role of the Healthy Schools Co-ordinator**

- It is the role of the co-ordinator to inform staff and parents about Barnett Wood's Food policy and that it is implemented effectively.
- The co-ordinator will ensure that staff are aware of the school's healthy practices and are appropriately trained to teach about healthy eating.
- The co-ordinator will work closely with kitchen staff and lunchtime staff to encourage children to make healthy eating choices.
- The co-ordinator liaises with external organisations and professionals in order to deliver a successful healthy eating education programme within the school.
- The co-ordinator will promote the school's healthy eating culture in a variety of ways, e.g. displays, clubs, information packs, etc.

#### **The role of teachers and support staff**

- We emphasise the importance of healthy eating throughout the school and all staff, including teaching, support and catering staff are expected to implement the Food Policy.
- We recognise that opportunities to teach about healthy lifestyles exist throughout the curriculum.
- Staff at Barnett Wood guide pupils to make healthy lifestyle choices wherever possible and actively act as role models to demonstrate positive attitudes to healthy eating. This includes not visibly drinking fizzy drinks or eating sugary snacks in the presence of children.

#### **The role of catering and lunchtime staff**

- Caterers and kitchen staff are responsible for providing high quality food that is in line with the national nutritional standards for school food. They contribute to a welcoming eating environment where pupils can freely sit with their friends.

- Parents receive the catering menu for the term and a daily menu of the food options are displayed for pupils in the dining area.
- Lunchtime staff encourage children to eat a good portion of their food and allow plenty of time to eat their meals.
- They will ensure that children who receive a school meal will be given a balanced plate of food.
- They will also observe children who bring packed lunches to check what lunches are being prepared at home and if they are suitable and don't contain any food with allergies.
- Lunchtime staff will monitor whether children are eating a sufficient amount of lunch, and should any concerns arise, parents/carers and teachers will be notified.

### **Curriculum and assessment**

Pupils at Barnett Wood are explicitly taught about the importance of nutrition, a balanced diet and healthy food choices within the PSHE, Science and D&T curriculum where children are given the opportunity to explore a range of healthy recipes and have an understanding of healthier alternatives.

Our D&T curriculum has a strong focus on cooking skills, whereby children develop the skills necessary to safely prepare healthy meals and snacks using a variety of tools. Teachers assess their pupils' knowledge and understanding of the principles of having a healthy and varied diet along with pupils' confidence to prepare dishes and their understanding of where food comes from. The children learn the importance of a balanced diet, the range of food groups, seasonal produce and how to adapt a recipe.

### **School Meals**

School meals at Barnett Wood are cooked off site and are provided by Twelve Fifteen Catering ([itstwelve15.co.uk](http://itstwelve15.co.uk)), who adhere to the School Food Standards. Pupils' are rewarded with stickers for making healthy choices.

The servery dining area promotes a positive atmosphere whereby pupils may sit with their friends and develop their personal and social skills. Staff are always on-hand to provide support and assistance, especially to our younger pupils. Staff encourage pupils to taste new foods and flavours and discuss the importance of healthy eating with children.

We encourage parents to take up the government's universal free school meals for Key Stage 1 initiative. We strongly believe that a nutritious, hot meal is incredibly beneficial for children's learning and development.

We ask that parents notify the school of any special diets and/or allergies that the school will need to take into account.

## **Packed Lunches**

We believe that all pupils should receive a balanced and nutritious diet and therefore, packed lunches should also offer a meal that is of quality and as healthy as a school meal. We encourage parents to provide a balanced lunch that aims to reflect the government's revised Eatwell Guide, which can be found at the end of this policy as well as on the school website.

Guidance on preparing a balanced child's lunchbox, includes:

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit
- water to drink

Barnett Wood is committed to combating the rise of obesity levels in our community so we ask that packed lunches do not contain any fizzy drinks or fruit juices, as some do contain large amounts of natural sugars. We teach children to enjoy treats in moderation and therefore strongly recommend that sweets and chocolates are also limited to a small portion per week.

If pupils have grapes in their packed lunches, we urge parents to slice them in half lengthways, especially for younger pupils, as whole grapes can pose a choking hazard. We cannot allow nuts, nutty foods or Nutella type spreads in any packed lunch due to pupils within our school who have severe nut allergies.

Lunchtime staff are expected to regularly monitor pupils' packed lunches to ensure that they are receiving a healthy, balanced and nutritious meal. Lunchtime staff will work with the Healthy Schools Coordinator to address any concerns.

## **Snacks**

All children are provided with fruit or vegetables during break time. Children are encouraged and constantly reminded to have their snack in a designated area within the playground to keep safe.

As part of the school's endeavours to promote healthy eating, we only allow fruit snacks to be brought in from home. Fizzy drinks, sugary snacks or crisps are not permitted at break time.

## **Staying hydrated**

It is very important that children stay well hydrated during the day, especially during the summer months. All pupils in the school are encouraged to bring in a water bottle so that they can have access to water throughout the day.

A filtered water fountain in the cloakroom provides drinking water for children to top up their water bottles during the day. Children are provided with water in the server during the lunch hour.

### **Breakfast and After School Club**

School food standards apply throughout the whole school day, including clubs. The school operates a breakfast club that provides a nutritious meal for pupils before the school day. After school club provides a light snack such as sandwich, wrap, toast and fruit. Food provision at breakfast and after school club complies with the Food-based Standards for all *School Food other than Lunches*. [School food standards practical guide - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

The breakfast menu includes:

- A selection of cereals such as Cornflakes and Cheerios.
- A range of fresh fruit such as apples, pears and bananas.
- Toast and crumpets
- Water, low sugar squash and apple fruit juice
- Milk

### **Celebrations**

At Barnett Wood, we recognise that food contributes to a sense of celebration and sharing during birthdays or special events, however we ask that parents and carers do not provide treats for their child's birthday. Teachers will not give out foods such as cakes and sweets to children - this is because a number of our children have food allergies some of which are life threatening. If a parent wishes to give out such items then they must do so themselves and should check with the receiving children's parents.

The only exceptions to this maybe at Christmas /Easter when staff may provide children with a small chocolate gift. Staff will ensure that children with food allergies have appropriate alternative gifts.

On special festivals/events such as Chinese New Year, Eid and others, we offer cultural themed cuisine to develop children's cultural capital.

### **Allergies and dietary requirements**

At Barnett Wood, staff are made aware of pupils with allergies, particularly nut allergies. We are a nut free school and ask parents to refrain from bringing in food products that may contain nuts. Barnett Wood cannot guarantee that all parents will comply with the request, however staff do regularly monitor food that is brought in.

Parents of pupils with any allergies or dietary requirements are asked to provide as much information as possible about which foods are suitable and which food should be avoided. All allergy and dietary information is always displayed in the staff room, the pupil's classroom as well as the kitchen.

## **Food Safety and Hygiene**

The school will:

- Comply with relevant food safety and hygiene regulations.
- Regularly inspect and maintain kitchen facilities.
- Provide training to staff involved in food preparation and handling.
- Promote good hygiene practices among students.

### **Friends Barnett Wood Association (PTA) and Other Outside Providers who use the school Premises**

Events run by organisations other than the school are not bound by the policy, however are actively encouraged to:

- Ensure that food provided at school events meets the same nutritional standards as regular meals.
- Encourage the inclusion of healthy food options at events.
- Consider cultural and dietary preferences when planning food-related events.

### **Monitoring and Evaluation**

The effective implementation of the policy will be monitored by the Healthy Schools Co-ordinator, DT Co-ordinator and the Head teacher.

The policy will be reviewed every 3 years through a survey of the views of the whole school community, including pupils, staff and parents.

# Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1048kJ 250kcal	Fat 3.0g LOW	Saturated fat 1.3g LOW	Sugars 34g HIGH	Salt 0.9g 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

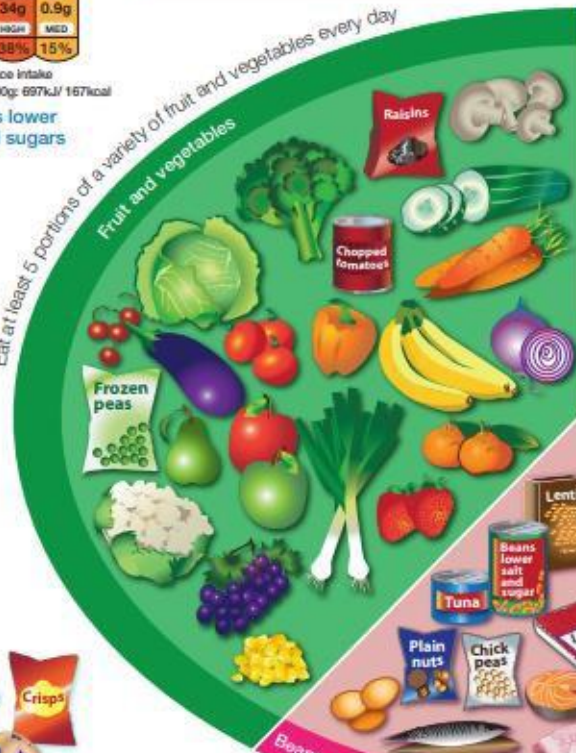
Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



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 at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Oil & spreads

Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

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