



**Lincoln Bishop King CE Primary School**

Dream big. Love God. Live well.

# **Food and Drink Policy**

**Policy Updated: January 2024**

**Date of next review (2 years): January 2026**

## **INTRODUCTION**

As a school, we are aware of the current situation regarding high obesity levels and the concerns about the effect of junk food and drink on the health and behaviour of children and young people. We also understand the need to improve the diets of children to help with educational attainment and the role the school can play in this.

We are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

At Bishop King we support the Change 4 Life Campaign and School Food Standards to encourage children to make healthy choices.

## **LEGAL/NATIONAL REQUIREMENTS**

Schools are required to meet the school food standards with our menus which must include a copy of the food allergens for parents to read.

The Governing board has a responsibility to provide the following meal services within school:

- Free school meals - all reception children to Year 2
- Free school meals - all other children who are entitled to a free school meal
- Paid school meals - any other pupils with in the school whose parents have requested that a meal is provided
- Facilities to eat a healthy packed lunch - to enable pupils who have brought food from home to eat together.

## **RATIONALE**

Bishop King Primary School is a healthy school with the advantage of having an onsite kitchen which opened in October 2015.

We consider all elements of our work to ensure that we promote health and awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regards to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all the school staff can bring together all the elements of the school day to create an environment which supports a healthy lifestyle.

## **AIMS AND OBJECTIVES**

- To ensure that we are giving consistent messages about food and health.
- To give our pupils the information they need to make healthy choices.
- To promote health awareness.
- To contribute to the healthy physical development of all members of our school community.
- To encourage all children to take part in the golden mile challenge in their classes on a weekly basis.

## **SETTINGS FOR FOOD POLICY**

Bishop King is a NUT FREE ZONE due to a number of allergies in school. But we cannot always monitor all packed lunches from home so we expect all parents to comply with our no nut policy. The school cannot be held to account for any nuts brought into school without our knowledge.

Due to us having many food allergies in school, please adhere to the following rules:

- Staff must not give children any foods other than fruit or dried fruit, provided by the school.

- Drinks must be sugar-free, e.g. low-sugar squash or water.

## **BREAK TIME SNACKS**

Key Stage Two:

Pupils are encouraged to bring a healthy snack into school to eat at morning break for example fruit, vegetables, bread sticks, dried fruit. Staff must ensure any grapes that are brought into school are cut in half to avoid potential choking; whole grapes are a potential choke hazard for younger children.

Early Years and Key Stage1:

All children are provided with a piece of fruit through the School fruit and vegetable scheme administered by the Department of Health.

All under 5's are entitled to free school milk we also offer milk as a choice at lunch time.

## **BREAKFAST CLUB**

Breakfast club operates on a daily basis in school for all children and is supported by local businesses.

The food offered is healthy and is consistent with a healthy diet; we provide toast, cereal and fresh fruit. Children can choose from milk or no added sugar squash to drink.

## **AFTER SCHOOL CLUB**

Lincoln City in the Community run our after school club on a daily basis, where they offer activities and serve healthy snacks and drinks for the children. Booking is essential.

## **WATER FOR ALL**

Cooled water is freely available throughout the school day and children are encouraged to take regular drinks to make sure they keep hydrated.

## **SCHOOL LUNCHES**

All our school meals are produced from our onsite kitchen which was opened in October 2015. We provide a winter menu from October through to April then the summer menu from April to October and are now ordered online through Wisepay

Our menu follows the school food standards and has a full allergens list attached. Parents are asked to let the school office know if their child has any food allergy or intolerance. A doctor's note may be requested for a serious allergy requiring medication or a special diet.

Food is locally sourced where possible, eg all our meat is supplied from Fosters of Monks Road.

Our food is non GM and all fish products are MSC (certified sustainable seafood).

We provide a number of choices to accommodate all our children, we have fresh vegetables and fruit on a daily basis.

All Foundation Stage and Key Stage One children are entitled to a free school lunch through the government incentive.

If a child in Key Stage Two is entitled to a free school lunch, parents can apply online or ask at the school office to find out how to apply.

### **PACKED LUNCHES**

Children have the option of bringing a healthy packed lunch to school. We regularly check lunch boxes and may from time to time contact parent/carers in relation to the contents to help promote healthy eating.

At Bishop King we do not allow sweets, chocolate bars or fizzy drinks in a child's packed lunch and NO NUTS OR NUTELLA.

Parents should cut up grapes before including them in their child's packed lunch.

### **FOOD ACROSS THE CURRICULUM**

In the Foundation Stage, Key Stage 1 and Key Stage 2 there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from, such as shopping, preparing and cooking food.

**Literacy** provides children with the opportunity to explore poetry, persuasion, argument, instructional and narrative work using food and food-related issues as a stimulus, eg writing instructions for making a salad.

**Maths** can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

**Science** provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise. A good example of this would be the 'Health and Growth' topic in Year 2.

**Religious Education** provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals. ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

**Food Technology** as part of DT provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking.

**PSHE** encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, eg advertising and sustainable development.

**Music** can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in un-pitched percussion instruments.

**Geography** provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income.

**History** provides insight into changes in diet and food over time.

**Physical Education** provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

**School visits** provide pupils with activities to enhance their physical development, eg to activity centres.

**Out of hours learning** includes sports and gardening clubs see timetables for further details.

## **PARTNERSHIP WITH PARENTS AND CARERS**

The partnership of home and school is critical in shaping how our children behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are updated on our Food and Drink Policy and packed lunch policy through newsletters and the website. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink milk, yoghurt or milk drinks, fruit juice or smoothies with their packed lunch.

**In line with Natasha's Law to be introduced in October 2021 (*in response to a child dying of an allergic reaction to sesame in a bought sandwich*), the following applies due to potential allergens in packaged food, including sweets and birthday cakes.**

- **Parents are no longer allowed to bring food into school for parties.**
- **The school is no longer allowed to serve food to children that has not been pre ordered by a parent/carer.**

Staff are not permitted to give any type of food or drink to children that is not provided by either their parents or school.

## **FOOD IN SCHOOL HOLIDAYS (FISH) PROJECT**

The school works in conjunction with the local Bridge Church to support families who are struggling to provide food for their children during the summer holidays due to financial difficulties. The school identifies, and liaises with, the families who will be offered support and the church provides the free vouchers that can be used locally in exchange for food, milk and soft drinks suitable for children.

## **ROLE OF GOVERNORS**

Governors monitor and check that the school policy is upheld and can also offer guidance, where a member of the body has particular expertise in this area.

## **MONITORING AND REVIEW**

The Catering Manager is responsible for ensuring that the food served in school hours is in accordance with this policy. Phase leaders and subject leaders are responsible for the curriculum development of the food policy. The Headteacher, Healthy Schools Leader and Senior Leadership Team are responsible for supporting colleagues in the delivery of the food policy. The LEA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.