



# Beaver Road Primary School

## Healthy Food and Drink Policy

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**Date reviewed: January 2022**

**Date of next review: January 2025**

## **Introduction**

At Beaver Road, we believe health is vitally important for everyone. Whatever our differences may be, health is our most important commodity and essential if children are to achieve their full potential. As a Rights Respecting School, we acknowledge under Article 24 the importance of working together with parents and carers to provide children with nutritious food so that they stay healthy. Together we are duty-bound to ensure children realise these rights.

**Article 24** - Children have the right to good quality health care, to clean water, nutritious food, and a clean environment, so that they will stay healthy.

Beaver Road Primary School is aware of the current situation regarding rising obesity levels in children and concerns about the effect of junk food on the health and behaviour of children and young people. The School also understand the need to improve the diets of children and young people and the role the School can play in this.

## **Aim and Objectives**

The School aims to encourage our pupils to develop healthy eating and drinking behaviours. Through our curriculum, we will promote clear and consistent messages about food, drink and nutrition through the classroom setting, through the provision of food and drink and in all other aspects of school life and in conjunction with parents/carers.

We aim to provide a service that is consistent with our teaching of healthy eating and drinking, enabling pupils to put their learning into practice.

## **School Meals**

The will provide school meals that are of consistent nutritional quality which meets the current Government regulations. We aim to provide an enjoyable lunchtime environment and experience for both school meals and packed lunches. The School aims to provide our pupils with choices that address cultural and special dietary needs which also meet the national nutritional standards.

## **Breakfast**

We will encourage pupils to eat breakfast before attending school and (where applicable) we will promote the schools breakfast club. Food served at the breakfast club will be in keeping with meeting the National Food Based Nutritional Standards.

## **Afterschool**

Food served at the afterschool club will be in keeping with meeting the National Food Based Nutritional Standards.

## **Packed Lunches**

We encourage parents/carers to provide pupils with a healthy, varied packed lunch each day. Children's packed lunches will be monitored by lunchtime staff and the named key people, who will contact parents/carers who consistently provide unhealthy packed lunches, this is in conjunction with our packed lunch policy.

## **Snacks, Rewards and Treats**

The School provides a free snack of fruit or vegetables for pupils in the first school (up to year 3). Healthy snacks are available to buy from year 4 to year 6 at the Junior School. Alternatively, parents/carers may provide a snack of fruit and vegetables or a low fat, low sugar healthy snack.

No food items will be given out as birthday treats, even if brought in to school by parents/carers. All birthdays will be celebrated in school and parents/carers are welcome to provide an alternative birthday treat e.g. a class book, if they so wish.

## **Water**

Easily accessible fresh drinking water is made available to all pupils throughout the day.

## **Food Allergy**

The school has considered the needs of pupils with food allergies and develop appropriate procedures. We will ensure that affected children are not unknowingly exposed to food allergens like nut & seeds, dairy, gluten etc. during school hours. We are a nut free school, therefore no nuts are allowed on the school premises. When teaching the food and nutrition curriculum, we will consider the needs of food allergic pupils.

## **Policy, Leadership and Management**

The key people to lead in the area of food policy are the Chief Finance & Operations Officer, the Executive Headteacher, the Catering Manager and the Children.

## **Monitoring, Assessment and review**

The key people will monitor this policy by looking at the take up of school meals, satisfaction surveys and monitoring lunchboxes. Monitoring and reviewing will lead to ongoing policy development with changes if applicable.