



## **BROOKE PRIMARY ACADEMY**

# Healthy Food and Drinks Policy

### **Introduction**

At Brooke Primary Academy we believe that good nutrition and fluid intake are essential to all members of the school community if they are to fulfil their potential in life. Good nutrition is essential for good health and effective teaching and learning. We believe that all messages about food and drink within the school should be consistent.

As a school we want to play our role in establishing and maintaining life-long healthy and environmentally sustainable eating and drinking habits.

### **Context**

Research evidence shows that education and health are closely linked. So promoting the health and wellbeing of pupils and students within schools and colleges has the potential to improve their educational outcomes and their health and wellbeing outcomes.

In Doncaster, approximately 1 in 5 Reception Year children are overweight or obese, increasing to 1 in 4 by the time they leave primary school. Our eating habits start early in life and are influenced by many different factors.

### **Intent**

- To involve the whole community in developing and maintaining healthy eating and drinking habits.
- To have pleasant and sociable dining experience which enhances the social development of all children.
- To encourage a balanced diet.
- To encourage fluid intake with an easily accessible water supply throughout the day.
- To take into account and accommodate dietary requirements.
- To ensure high standards of hygiene amongst the children.
- To develop healthy eating habits that will last a lifetime.

### **Teaching and Learning**

Staff are encouraged to sit with the children at lunch time in the hall to provide a good role model, encourage good manners and lead conversation.

Teachers plan opportunities for children and young people to prepare and cook food and apply the principles of nutrition and healthy eating.

By the end of Early Years the children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

Children are taught to be healthy through PSHE lessons. We follow the Jigsaw Programme for PSHE. During Spring 2 the theme is called 'Healthy Me' and it is taught from F1 – Year 6.

During Design & Technology we teach and encourage children to have a healthy diet. The aim of the National Curriculum is for children to understand and apply the principles of nutrition and learn how to cook.

Teachers may choose to reward children with a small bag of sweets, biscuit or chocolate. They may also give them out at parties, celebrations to mark religious or cultural occasions, or at fund-raising events.



## Breakfast

Recognising parental responsibility and school/parent partnership, children are encouraged to have a healthy breakfast and drink before leaving home.

## Breakfast Club

To support working parents and to ensure that pupils have a healthy breakfast we run a daily breakfast club. Our Breakfast Club opens at 7.45am and runs to the start of the school day at 8.40am

Breakfast Club costs £1.50 per day.

It is open to all of our children from Foundation Stage 1 to Year 6.

The children have the opportunity have a healthy breakfast and to socialise with their friends and participate in a range of activities in a safe and happy environment.

### Breakfast Club Menu

Monday	Beans on toast	Available daily: Selection of cereals, yogurts, toast, fruit, water and fruit juices
Tuesday	Crumpets	
Wednesday	Scrambled egg on toast	
Thursday	Spaghetti on toast	
Friday	Cheese on toast	

## Morning Break

Foundation Stage and Key Stage One children are provided with a piece of fruit for free during snack time/ morning break. Children under 5 are provided with milk for free if they are registered on the Cool Milk website. Parents/ carers can pay for milk for their child over the age of 5.

Key Stage Two children are encouraged to bring fruit or vegetables to eat during morning break.

The school tuck shop provides fresh fruit and vegetables to children in Key Stage Two.

## Drinks

We recognise that low fluid intake can lead to reduced academic performance through poor concentration and lethargy, reduced physical performance and health problems. All children and staff are encouraged to bring a water bottle to school every day and have free access to water throughout the day. We allow a small amount of dilute juice with no added sugar or honey in water bottles (weak juice).

## Catering

Dolce Schools Catering provide the children and staff their lunch. They provide a great range of high quality produce, ensuring each pupils choice is met, allowing parents to decide to choose their children's lunch for their child. We encourage parents/carers to choose their child's lunch before they come to school using the online order system. We encourage all children to have a school lunch provided by Dolce.

## Packed Lunches

As a school we are trying to ensure we offer a healthy, balanced eating environment, promote good habits and teach the children the skills they need to make good choices. To support this, we will provide all parents/ carers the Doncaster Packed Lunch guidance when they start at Brooke Primary Academy. This provides ideas for parents and children about what you could include in your child's healthy packed lunch box.



### **Sweets**

Parents and children are asked not to bring or send sweets into school for snacks or for packed lunch.

### **Parental Involvement**

The Healthy Food and Drinks Policy can be found on our school website and a copy is available in the office.

### **Health and Safety**

Food will be stored according to instructions on packaging.

### **Standards for School Food**

As stated in the <http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf>

‘Many of the food-based standards apply to food served throughout the school day, including breakfast, midmorning break and after school clubs, as well as from vending machines and tuck shops. We have produced a checklist (see page16) for schools to ensure the food and drink provision in each outlet operating in the school is compliant with the food-based standards for food other than lunch, available to download at [www.schoolfoodplan.com/standards](http://www.schoolfoodplan.com/standards). As with the previous standards, these do not apply at parties, celebrations to mark religious or cultural occasions, or at fund-raising events.’

### **Monitoring the Healthy Food and Drinks Policy**

The staff will monitor provision for healthy eating and drinking throughout school.