



# Bellevue Place

EDUCATION TRUST



## BPET Schools Food Policy

Signed:	
Chair of Trust Board:	Claire Delaney
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## **1.0 Bellevue Place Education Trust – Our commitment**

### ***Learn. Enjoy. Succeed.***

Three words that mean the world to us.

Three words that have been with us from the day we started Bellevue Place Education Trust.

Three words that govern all that we do.

As a parent you can expect excellence, both in how we teach and nurture your child. We foster a positive attitude to life, encouraging a 'be interested and be interesting' attitude by providing a rich learning environment full of arts, drama, sport, music and academic rigour.

Bellevue Place children are happy, confident, successful 'all rounders' who expect to win and achieve in an inclusive setting where children, parents and school staff work together to provide the best. Our commitment to you and your child is that we will teach them to learn, enjoy and succeed both in their school career and beyond.

## **2.0 Rationale**

As a Trust, we aim to offer the best education to young children, within available resources, whilst attending our schools. Our ethos extends to encouraging healthy eating patterns in our pupils via a pro-active approach to improving their health and wellbeing.

As part of our approach to improving and sustaining the well-being of our pupils, we will:

- stage healthy eating weeks in our schools
- provide opportunities for children to drink sufficient water
- encourage Healthy Eating Champions to work with teachers at each school
- consider nutrition and healthy eating as part of the curriculum

## **3.0 Scope**

This policy covers the following areas:

- Healthy eating as part of the curriculum
- School meals
- Lunch boxes
- Food consumed at break time in the morning
- Food provided at the schools, other than school meals e.g. Breakfast Club, After School Clubs
- Enrichment activities such as clubs

A balanced, healthy and nutritious diet is important for the development of a child's physical state, as well as promoting concentration in class. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new knowledge and acquiring new skills.

#### **4.0 Aims**

We aim to ensure that all aspects of food and drink in Trust schools promote the health and well being of pupils, support their learning, and provide appropriately for staff and visitors to our schools. We seek to ensure that pupils receive the energy and nutrition they need across the whole school day.

#### **5.0 Curriculum**

Our curriculum will continue to include work associated with healthy balanced diets in its schemes of work and lesson planning.

As part of the work planned for children in science and other subjects, they will be taught:

- the components of a healthy diet
- the importance of healthy eating both now and in the future
- how to measure and weighing for recipes
- about food in history

Children will not be rewarded with sweets in our Behaviour Policy and strategy so that they do not equate unhealthy food with rewards.

#### **6.0 Lunch boxes**

The Trust believes that a child's nutritional needs are best met through the provision of school lunches. We believe that a well-balanced hot meal for children in the middle of the day is the best option for our pupils. It is therefore our policy that all pupils will have a school dinner and would only in exceptional circumstances allow pupils to bring a packed lunch, at the Headteacher's discretion. The school food plan identified that

“many parents mistakenly believe that a packed lunch is the healthiest option. In fact, it is far easier to get the necessary nutrients into a cooked meal – even one of mediocre quality. Only 1% of packed lunches meet the nutritional standards that currently apply to school food.”

Should parents/carers wish to provide a packed lunch, then the parent/carer should gain approval from the Headteacher, with a clear reason why a packed lunch should be provided and the Headteacher will consider if the reasons are justified. The school will provide information on healthy foods that parents may wish to refer to when selecting foods to be included in lunch boxes from home and may review the packed lunches provided, to ensure that these are meeting the nutritional standards identified

The Trust requests that parents do not include the following items in packed lunches:

- fizzy drinks/sugary drinks
- any food containing nuts

We would recommend that parents do not include the following items:

- sweets (including Winders), chocolate, etc.
- crisps or cakes high in salt, fat or sugar.

Parents are advised to include an ice pack in their child's lunch box. Food products, prepared and stored in ambient temperatures, after a period of between two to four hours, can have increased levels of bacteria in them, which may be harmful to children.

## 7.0 School Meals

The Trust proposes that all its lunch time food should be both appetising and nutritious. We recognise the benefits of a well-balanced hot meal for children, in the middle of the day and believe this is best provided through the school meal. We therefore expect all children to take a hot meal provided through the school caterer.

The Trust believes that a child's healthy balanced diet should consist of:

1. plenty of fruit and vegetables
2. plenty of unrefined starchy foods
3. some meat, fresh, eggs, beans and other non-dairy sources of protein
4. some milk and dairy foods
5. a small amount of food and drink high in fat and sugar

Our school Lunches are designed to meet the requirements of the DfE School Food Standards (2015) and therefore all meals served during the lunch break should meet at least the following standards

- Fruit and Vegetables
  - One or more portions of fruit and vegetables or salad
  - A dessert containing at least 50% fruit two or more times a week
  - At least three different fruits and vegetables each week
- Milk and Dairy
  - A portion of food from this group every day
- Starchy Food
  - One or more portions of food from this group every day
  - One of more wholegrain varieties of starchy food each week
  - Three or more different starchy foods each week
  - Bread (with no added fat or oil) must be available every day
- Meat, fish, eggs and beans (Plus other non-dairy sources of protein)
  - A portion of food from this group every day
  - A portion of meat or poultry on three or more days each week
- Healthier drinks
  - Fresh drinking water available at all times
  - Fruit or vegetable juice (max 150 mls)
  - Combinations of fruit or vegetable juice with plain water (still or carbonated with no added sugars or honey) and no more than 150 mls of fruit or vegetable juice
  - Plain soya, rice or oat drinks enriched with calcium
  - Plain yoghurt drinks
- Foods high in fat, sugar and salt
  - No more than two portions of food that has been deep-fried, butter-coated or breadcrumb coated each week
  - No more than two portions of food which include pastry each week
  - Savoury crackers or breadsticks can be served at lunch
  - No confectionary, chocolate or chocolate coated products
  - Salt must not be available to add to food after it has been cooked
  - Condiments must be limited to portions of no more than 10g.

### **8.0 Break time Food**

The Trust has a policy of not providing food during break times. Schools are free to provide milk to under 5's under a fully refunded scheme and to charge any over 5's for milk should their parents request it. All schools participate in the healthy fruit and veg scheme and provide a portion of fruit or veg to every pupil during the morning.

### **9.0 Breakfast & After School Club Food**

Food served for breakfast and after school clubs should be nutritional and appetising to children. Extra sugary cereals and excessive use of sugar will not be permitted in breakfast clubs and snacks high in sugar or salt or containing chocolate will not be permitted in after school clubs.

### **10.0 Enrichment Activities**

We will seek to provide opportunities for pupils to cook in after school activities through the provision of at least one cookery class per week. These will seek to develop a love of cooking and learn how to prepare healthy meals. This is an important skill in life and the earlier children start the better. By acquiring this invaluable skill, children can also gain an understanding of the importance of a healthy and balanced diet.

### **11.0 School Environments**

We will provide a safe and healthy eating environment for pupil, staff and visitors having lunch in the schools.

Each school will provide a clean, sociable environment, indoors and out, for children to eat their lunch. In doing so, our schools request children adhere to the following guidelines:

- Lunch will, whenever possible, have family dining arrangements where all children and a number of members of staff sit down to eat. Pupils, or where this is not possible, staff, should serve one another at the dining table and seek to eat together.
- children are required to sit at a table for at least 10 minutes, in order to eat their lunch
- children are required to eat all or at least try to eat most of the food provided, either by the schools or in their lunch box
- all litter, from lunch boxes brought in from home, must be taken home at the end of the school day
- midday supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch etc.
- children are expected to behave whilst eating their lunches, be polite and helpful
- if a child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them
- if children are unsure of what the meal, or any meal item, is, they can ask the kitchen team or midday supervisory assistant to explain
- the kitchen team and midday supervisory assistants should thank children for using the facilities, as children should thank them for their help and assistance
- children leave the area where they have eaten their lunch clean and tidy

**12.0 Review**

This policy will be reviewed annually by the Trust.

**13.0 Approval by the Bellevue Place Education Trust Board**

This policy has been formally approved and adopted by the BPET Board.