Buckingham Primary School

Healthy Schools Policy

Adopted: January 2024

Review: January 2027

At Buckingham Primary School we recognise the importance of ensuring every child has access to a healthy and well-balanced diet, supporting them in leading a healthy lifestyle. We also recognise the link between a healthy diet and children's ability to learn. Our school has signed up for the Buckinghamshire Council funded Healthy Schools Award.

Pupils, parents, governors, catering and school staff have worked together to develop this policy as a shared document.

Objective

To ensure food and healthy eating messages are embedded in the school's ethos and are consistent across all food provision and classroom activities

Aims:

• To ensure that the food and drink available throughout the school day meet government standards for food in school and to make the provision and consumption of food an enjoyable and safe experience
• To support pupils to make healthy food choices and be better prepared to learn and achieve
• To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers
• To promote the consumption of locally sourced, sustainable food and engage pupils with where their food comes from

Food provision and consumption across the school day

Breakfast club:

The food provided is healthy and balanced, including cereals, toast, fruit options and porridge in the winter. We ensure all food served is compliant with the School Food Standards and this is monitored once a term by pupils. Our breakfast club is promoted through the school website. A weekly menu is shared with children and parents and has a daily special item.

This includes access to toast, cereals, milk, fruit juices and fresh fruit. Daily specials include bagels, crumpets, porridge, scrambled eggs and English muffins.

Pupil and parent voice is used throughout the year to develop the menu offerings and to ensure that the breakfast setting is a welcoming and nurturing environment.

Breakfast club is a paid provision. On occasion the provision is offered to key vulnerable pupils funded by the school.

Breaktime provision:

At break time, all Key Stage 1 children are provided with free fruit and vegetables as part of the national fruit and vegetable scheme and any surplus fruit is offered to older children.

Each KS1 and F2 class has a fruit bowl which is stocked daily with a selection of fruit. Below is an example of the snack rota.

W/C	06-Jun-22	13-Jun-22	20-Jun-22	27-Jun-22	04-Jul-22	11-Jul-22	18-Jul-22
Mon	Raisins	Apples	Apples	Apples	Apples	Apples	Apples
Tue	Apples	Tomato	Tomato	Tomato	Tomato	Tomato	Tomato
Wed	Easy Peel	Pear	Pear	Easy Peel	Easy Peel	Easy Peel	Easy Peel
Thu	Tomato	Bananas	Bananas	Bananas	Bananas	Bananas	Tomato
Fri	Pear	Easy Peel	Easy Peel	Sugar Snap	Sugar Snap	Sugar Snap	Sugar Snap

In KS2 staff monitor children's snacks and if they are concerned children are hungry, they will provide children with snacks and discuss any barriers with parents.

If pupils are bringing snacks from home, we encourage a fruit and vegetable only policy to promote healthy snacking. Pupils who follow our healthy snack guidelines 'BPS loves Healthy Snacks'

However, we do understand that some children will require different snacks and this is considered on an individual basis.

Drink and access to water:

All pupils are required to bring a water bottle each day and there are taps in each classroom for pupils to access freely throughout the day.
In both the KS1 KS2 playground there are water fountains.
At break time and lunchtime, teachers place water bottles outside for easy access.
In the lunch hall, children have access to cups of water.

School meals:

Our school meals are provided by Edward and Ward who ensure the menus are balanced and compliant with the School Food Standards.

Our school meals are freshly prepared each day by our in-house catering team who cater for a variety of tastes, diets and preferences. Our menus are varied and include a range of

meals from different cultures and countries and are available to view on the school website.

Edward and ward provide meals to 3 schools and deliver to the school nursery. This is between 350 and 400 meals a day. Around 50% of children at BPS take up free school meals.

We work closely with pupils and families each year to support more pupils to enjoy our tasty and nutritious school meals. Throughout the year, we use pupil voice to take into account the views of children to ensure that meals are not only nutritious but engaging too.

An example menu which changes frequently.

Free School Meals (FSM):

As a free school meal (FSM) could save families up to £450 each year, our school encourages and supports pupils to claim their entitlement and communicates this regularly. When a child joins the school, parents are provided with relevant paperwork to apply for FSM. If the school feels a parent's circumstances change after this time, they will re-offer paperwork.

In the school office, there is a member of staff responsible for the administration of free school meals. Parents and pupils can speak in confidence with this member of staff about any concerns or questions they may have.

Packed lunches:

Our school has a packed lunch guidelines in place that has been developed through consultation with parents, governors, staff, pupils and support from the Buckinghamshire Healthy Eating Adviser. Our expectations are aligned to the same standards as those that apply to the school meals.

Packed lunches will be expected to include at least one piece of fruit and/ or vegetables. Unhealthy snacks such as crisps, chocolate and sweets are strongly discouraged.

Packed lunches should include:

	Fruits and Vegetables	Include everyday	✓
	Meat, cheese, egg, beans or Oily Fish	Make a different choice each day	✓
	Starchy Food – bread, roll, pitta, wrap, crackers, pasta, rice	Include every day	✓
	Milk and Dairy Food- yoghurt, fromage frais, custard	Include every day	✓
	Water or a healthier drink	Perfect drink for your lunch box	✓

Packed lunches should avoid:

	Fatty snacks such as crisps	High in salt and fat	⚠
	Confectionary	High in fat / sugar	⚠
	Pastry/Meat Products	High in fat	⚠
	Drinks	High in sugar	⚠

Pupils who bring in a packed lunch are able to eat in the main dining room with pupils who eat a school dinner.

All wastage will be sent home to help parents monitor their child/children's eating.

Allergies

Nuts and nut products (e.g. peanut butter) should never be sent to school because of allergy concerns. Neither are children allowed to share food items for this same reason.

Dining environment:

Lunchtimes start at 11.45am for reception pupils. For all other pupils, lunchtimes start at 12.00pm and finish at 1.00pm. The older year groups eat on a rotational basis

All school children use the KS2 hall as a dining room. It is a well kept area and pupils are able to sit with their friends during lunch.

Year 6 children play a key role in helping the dining hall run smoothly, each half term they apply to be hall monitors. This role involves supporting children in the hall as well as keeping it clear and tidy.

Cultural, age appropriate and special occasions:

We are supportive of children with any cultural and special dietary requirements and this is reflected in our food menus which provide a vegetarian and Halal option each day.

Special occasions, rewards and school events:

Our standards of healthy eating are reflected beyond the usual school day and our food policy applies to school trips and other special events, and food consumption on the way to and from school. At school discos, school fairs, residential trips, celebrations or events we aim to provide healthy food choices and limit less healthy options.

Children may bring in birthday treats but these are not allowed to be eaten on school grounds.

On occasional Friday's we relax our healthy eating policy and allow pupils to buy sweet treats such as sweets, icecream, cake and hot chocolate. We also try to offer healthy treats alongside these for those who wish to keep up their healthy eating practices. These events are run by the PTA.

Food education and the curriculum:

Our school delivers healthy eating education through the curriculum including statutory health education/PSHE, science and DT. Schemes of work and pupil assessment are reviewed termly across the school. This ensures learning is in line with current guidance, and that pupils receive the high quality of health education needed to make informed choices about lifestyle choices which affect their own

The Eatwell model is used throughout the school) as a model of understanding a balanced diet.

Through PSHE, healthy eating is taught through the 'Healthy Me' puzzle piece. Examples of lessons include:

F2- Healthy food.
Year 1- Keeping myself healthy an healthy life choices.
Year 2- Healthy eating and nutrition, healthier snacks and sharing food.
Year 3- Food labelling and healthy swaps.
Year 4 – Relationships with food, Healthy choices.

Through the schools teaching of Science using Collins Snap Science, the children cover a series of lessons linked to healthy eating.

Year 2- Take care – How can we sort this food? What food should we eat?
Year 3 - Amazing bodies -What do you need to survive? What do we need to eat to stay healthy?
Year 4 – Where does that food go? – What do we know about food? How can we look after our teeth?
Year 6 - Body health -What does being healthy mean? How is food divided into different groups? What makes a healthy snack or drink? how have diets changed?

Children also receive a half termly class assembly focused on an element of being healthy, this could be eating, drinking, exercising, or mental health. This will change and adapt to the needs of the class. Children will celebrate weeks such as 'Healthy Eating Week' to further their learning. Where possible external speakers will come in to motivate the children.

Cooking in the curriculum:

Through the schools subscription to Kapow Design and Technology planning, each year groups completes one cooking unit focusing on healthy eating.

Year 1 – Fruit and vegetables
Year 2 – A balanced diet
Year 3 – Eating seasonally
Year 4 – Adapting recipes
Year 5 – What could be healthier
Year 6 – Come dine with me

Growing, sustainability and farming:

We are working towards the statutory requirements within the design & technology curriculum to engage pupils with where their food comes from.

We have a very active and keen Growing club who meet Monday's after school during 4 half terms each year. They grow a range of fresh fruit and vegetables that we use as part of our cooking activities in the Curriculum where possible. We have a school allotment that allows all year groups to plant, grow and pick food.

Extra-curricular activities:

Our after school club runs from 3.30-6.00pm and we serve a light tea included as part of the session. All food is compliant with the School Food Standards and is provided by Edward and Ward.

We offer students a chance to further their passion for cooking in our after school club, which runs once a week. All children are invited to the club and children who receive Pupil Premium funding are offered a half price place. Here the children create a range of nutritious, tasty and healthy recipes that involve a range of preparation and cooking techniques.

Pupil involvement:

We regularly consult with pupils about the quality and choice of food served in school. We share pupil voice data with Edward and Ward to ensure that meals and not only nutritious but engaging.

Parent/carer involvement and communication:

We will communicate and share our policy with parents/cares each year and listen and act on views and opinions through ongoing surveys.

Our menus are sent home each term, displayed in the school reception and also available on the school website. We also send home regular updates about healthy eating and lunches.

Litter and food wastage:

On both the KS1 and KS2 playground, there are bins for fruit and vegetable scraps. These are added to the compost heap by members of the Eco Council.

In the dining hall, all school dinner food waste is collected separately for composting.

Children eating packed lunch take their rubbish home to allow parent to confidently know what has been eaten.

Displays:

In the school hall where the children eat, there is display sharing the weekly, and 3 weekly menu provided by Edward and Ward.

There is also a Heathy Eating display for children to refer to. This is set updated regularly by the Personal Development Lead.

School trips/Residentials:

On day trips, all children are asked to bring a packed lunch in line with the school's packed lunch policy guidelines. Parents are able to order lunches through the Edward and Ward caterers which follows the schools guidelines.

On residentials, teachers ensure that all food served meets the Government School Food Standards. Teachers will spend time looking at menus to ensure that all children are catered for, ensuring that options are healthy but also to the taste of the children.

Action plan:

Our policy is reviewed each year by senior leadership. A full review and consultation with all stakeholders will be carried out every 3 years. In 2024 the main priority for the school will be developing a new packed lunch guidance to improve the quality of food brought in from home to ensure it is in line with our healthy school meals.

Healthy eating is a priority on the School Improvement Plan.