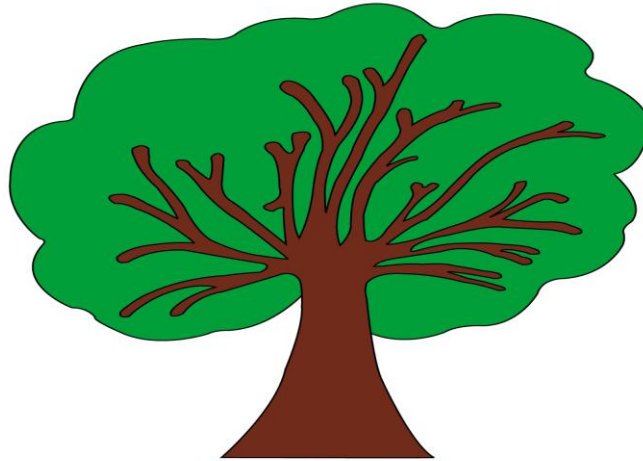


BURSTWICK COMMUNITY PRIMARY SCHOOL

Burstwick Community
Primary School



Branching Out
Into The Community

HEALTHY EATING POLICY

At Burstwick Community Primary School we aim to provide a safe, secure and stimulating environment within which all children feel cared for, supported and happy, where children can achieve highly and let their imagination flourish.

We aim to prepare children for adult life and the world of work through developing an enthusiasm for learning and a willingness to persevere in the face of challenge.

Believe, Unique, Resilient, Safe, Tolerant, Worthy, Independent, Creative, Kind-hearted

We are **BURSTWICK!**

Aims & Objectives

At Burstwick Community Primary School, we recognise the importance of a healthy diet and how this plays an integral part in supporting a child's well-being, as well as their ability to learn effectively and achieve their full potential.

We believe that the school in partnership with parents/carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food; and helping them to make healthy food choices.

We aim to ensure that healthier food and drink is provided at all times of the school day, taking in to account individual needs, e.g. cultural, ethical and medical, while reflecting nutrition and healthy eating through our curriculum offer with the full support of all children, staff, parents/carer and Governors.

This policy covers all food and drink provided and consumed in school , on school trips, extra-curricular events and special occasions.

Why children need to eat well

What children eat today, shapes how they will continue to eat for the rest of their lives. Statistically, many children do not get enough of the right foods to eat, and too little of the foods that they need to keep them healthy.

Being able to cook is an essential life skill, and it all starts with children being excited by food. Eating good food is one of life's real pleasures. Every child should continually experience how it feels to eat a healthy, nutritional meal every day with people they respect, love and care for.

'When children eat better, they do better: they're in better shape to reach their potential. By getting them eating well today, we're creating the healthier adults of tomorrow: adults who are less likely to suffer health conditions linked to poor diet' (Children's Food Trust 2016).

<https://www.nutrition.org.uk/education/>

[Kids Health Info : Nutrition – school-age to adolescence](#)

Promoting healthy eating

We aim to increase our children's knowledge and awareness of a healthy diet through direct and indirect teaching, workshops, and our Personal, Social, Health Education (PSHE), Science, Design Technology (DT) and PE curriculum offer. Through this approach, we aim to offer and provide safe, tasty and nutritious food that promotes health and well-being. We aim to enable all pupils to have access to a healthy school meal, which complies with all current national DfE and Food Guidance for schools.

By making healthy eating enjoyable and the norm, we are promoting healthy eating, healthy choices and discouraging alternatives. We aim to provide access to safe and easily accessible water during the school day.

The school and its staff, aim to be role models for healthy eating, including packed lunches and ensuring that we send consistent messages about healthy eating on a daily basis. We will continue to use a range of opportunities to promote healthy eating and healthy choices through our curriculum offer.

Responsibility

It is the responsibility of all staff to implement the school expectations towards healthy eating and healthy choices, both through this policy and our curriculum offer, as well as act as role models to demonstrate the positive attitudes to healthy eating, and to develop our children's awareness and understanding of how to make healthy choices.

The Headteacher and Governors will take the strategic lead for the implementation of this policy and procedure. This will be done by working with all staff and nominating a member of staff to liaise with external agencies, including the school food provider.

The subject leads for PSHE, PE, Science and DT are jointly responsible for ensuring the curriculum offer meets the current guidance and reflects the policy.

External agencies and contractors are responsible for ensuring that all food offered and produced meets the high exacting standards issued by the DfE and food agencies.

Parents have a responsibility to share the menu with all children and encourage healthy eating and making healthy choices.

Food in the curriculum

Food, its production and [preparation is an important part of the curriculum offer we make to all our children, and is taught across the curriculum of Science, PSHE, DT and PE. We ensure that all pupils are taught aspects of 'cooking' in its broadest sense from Foundation Stage to Year 6. This develops their understanding in food related issues, including food hygiene and safety issues. All food preparation is healthy.

Behaviour: Children who eat healthily, are more focussed on their work and their behaviour is improved.

PSHE: Healthy food choices and practical food education is included in the curriculum and is built upon each year.

Science: Healthy eating and nutrition is part of the science curriculum

DT: Cooking and food hygiene are a statutory part of the curriculum

PE: The effects of healthy eating and healthy choices are a statutory part of the curriculum

Enrichment: There are times during the course of a year that all children get to experience food preparation and cooking in small groups. We are privileged to have a small area on the school site, where children can grow fruit and vegetables.

Equality: We take account of the needs of all our children, including those with disabilities and allergies. If a child does not like something, does not make them allergic to it. If a child has an allergy to a specific food, the school will work in conjunction with parents/carers and external agencies to implement a Health Care Plan.

Assessment: All our children's learning is assessed in line with the school assessment procedures, with specific reference to aspects of healthy eating and healthy choices.

School Lunches

All our school meals are provided by an external provider, who acts in accordance with the School Food Standards and the Local Authority. A copy of the menu is on display in the school, shared with parents and available on the school website. There are occasions when the menu changes for a special event and this is communicated to parents/carers and children as quickly as possible.

The dining area is well staffed and has a positive atmosphere, where children can socialise and enjoy their dining experience.

All staff monitor food choices and encourage our children to try new foods. This includes packed lunches (see below). We actively encourage parents to take up the offer of Free School Meals (FSM) or Universal Free School Meals (UFSM), where there is an entitlement.

FSM = All children entitled to a free school meal regardless of age. This is applied for and you must provide evidence of entitlement.

UFSM = All children in Reception, Year 1 and Year 2

As part of our offer and commitment to school meals for children, you must book a meal via ParentPay before 9:15am every day. If a meal is not booked via ParentPay before that time, a call will be placed to you and you will be advised that you will have to provide a packed lunch for your child/ren.

If your child/ren receive either UFSM or FSM, a meal must still be booked via ParentPay.

Meals currently cost £2.20 (*prices may increase over time*) and the school is aware that you are unable to book a meal for your child/ren via ParentPay after one non-payment for a meal. You must clear any/all outstanding debts before you are able to book a meal.

Should a debt accrue, you will be contacted via a member of the school team to remove that debt with immediate effect.

Packed Lunches

In this section, we highlight the importance of a healthy packed lunch and making healthy choices. All food not consumed by the child is returned home daily so that parents/carers are aware of what has been eaten. Often parents/carers pack more food that is necessary for the child, and often add more of what they know their child will automatically go to.

To ensure that all packed lunches brought from home and consumed in school, or on a visit, parents/carers need to consider healthy and nutritious food that is similar to the food offered in school, which is in line with the School Food Standards.

Healthy Packed Lunches

20 Healthy Packed Lunch Ideas

Packed lunches, ideally, should not include snacks such as crisps. Replace with baked alternatives, seeds, fruit and vegetables or rice cakes

Confectionary in its broadest term should be replaced with slow release carbohydrate options, such as malt loaf, fruited teacakes, fruit breads or fruit: fresh, dried or tinned – in juice not syrup – see Healthy Packed Lunches link above.

Fizzy and high sugar drinks must be avoided. There are no-added sugar alternatives available at the same cost, if not cheaper. The preferred drink is water, or sugar-free juice cartons.

High-fat content foods, such as sausage rolls, pasties etc should be replaced with alternatives. Where this is not an option, they should be limited to 2/3 times a week.

Foods are at risk of bacteria when stored at room temperature for a period of time, so it is advisable that an ice pack or thermal lunch box is used.

To promote healthy eating, we will regularly monitor the content of children's packed lunches and involve children and staff in a conversation about healthy choices. This is done in a supportive way with children.

We will communicate with parents/carers where necessary and offer advice and guidance on healthy packed lunches.

Should children consistently bring packed lunches that do not adhere to these guidelines, we will contact you direct and arrange a meeting to discuss this further.

Snacks

All our children in Foundation Stage, Year 1 and Year 2 have access to fruit and/or vegetables as part of the morning break offer. As part of healthy eating, our children are actively encouraged to eat the fruit and vegetables on offer and staff model this through their morning snack choices.

All our children in Key Stage 2 (Year 3 – Year 6) are encouraged to bring a snack if they wish. This snack should also be either fruit and/or vegetables, and separate from their packed lunch.

Only healthy snacks are allowed at break times, and while alternatives are available for parents/carers to purchase, high sugar and high fat items will be discouraged and are not appropriate for school.

Special Diets & Allergies

There are children with identified dietary requirements, such as diabetics, gluten and/or lactose intolerant or specific allergies. These are catered for and Health Care Plans are in place to support this. All this information is shared with all staff to ensure the child's personal safety.

We are a 'NUT AWARE' school, but we are unable to guarantee that food products are completely nut free.
We are a 'DAIRY AWARE' school, but we are unable to guarantee that food products are completely dairy free.

Parents/Carers are reminded that they should refrain from providing food products that may contain nuts/milk specifically, either in packed lunches or through other food brought in to school (see Events & Celebrations)

Staff are trained to recognise and manage allergic reactions.

Refreshments

As a school, we offer water throughout the day and our children are able to access this at all times. They must have their own named water bottle, which they are responsible for. We also recognise that some children would rather have flavoured water or cordial. This should be sugar-free in all cases and the amount should be to 'flavour' the water.

Water, cordial and/or milk is offered as part of the lunch time dining experience daily. All cordial offered is sugar-free and provided by our caterer.

Events & Celebrations

At Burstwick Community Primary School, we recognise that there are special events and celebrations throughout all school years, and we want to help celebrate these. Should a child wish to share their birthday celebrations with the rest of their class, we respectfully request that either cupcakes or small sweets are sent in. These will be shared by the child at the end of the school day and taken home to eat.

Parents/carers of children with allergies will be advised that the product may contain products that their child is allergic to. The school does not offer alternatives in this case.

Friends of Burstwick School (FoBS) provide sweets, chocolate etc as part of their fundraising efforts, and every effort is taken to cater to all individual needs, e.g, gluten-free, dairy-free, nut-free alternatives. The information shared with those adults only, is based on allergy and not names.

We aim to limit these to identified times of the year.

Safeguarding

The school is committed to safeguarding and promoting the welfare of all children and staff. We expect all staff and volunteers to share this commitment. Through the construction and writing of policies, we share our commitment; and through our curriculum provision, safeguarding is taught both explicitly (directly) and implicitly (indirectly).

We believe that all children have the right to learn in a supportive, caring and safe environment, which includes the right to protection from all types of abuse. Staff are vigilant for signs of any child in distress and we are confident about applying our safeguarding procedures to avert and alleviate any problems.

Monitoring and Review

Burstwick Community Primary School's Healthy Eating Policy & Procedures is monitored regularly by the Senior Leadership Team (SLT), who report to the governors about its implementation and effectiveness.

This is to be done through regular work scrutiny and will be monitored for whole school consistency and evaluated for impact on children's learning and outcomes. Governors are kept informed via the termly Headteacher's Report.

This Policy will be reviewed at least once a year through discussion with all staff and Governors.

Date agreed: July 2025

Date to be reviewed: July 2027 or as guidance is issued from the Department for Education (DfE) and/or

Local Authority (LA).

Approved	Name	Signature	Date
Chair of Governors	<i>Mr Andrew Johnson</i>		
Headteacher	<i>Mr Ian Cutts</i>		