

# Bishop Perrin Church of England Primary School



## Food and Healthy Eating Policy

Non-Statutory Policy

*Our school is a Church of England School and works in partnership with our two local parish churches, St Augustine's and Ss Philip & James'. We aim to reflect the values, traditions and beliefs of the Christian Faith and therefore our Spiritual Values underpin everything that we do.*

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## 1 SAFEGUARDING

Bishop Perrin Primary School is committed to safeguarding and promoting the welfare of its pupils. All staff and visitors have an important and unique role to play in the protection of children.

This policy should be read in conjunction with our school's Allergy Policy.

## 2 INTRODUCTION

Bishop Perrin Primary School is dedicated to providing an environment that promotes healthy food and eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy. This policy covers all aspects of food and drink at school.

The policy was formulated through consultation between members of staff, governors, caterers, parents / carers, and children.

The policy is shared with the school community on the website. It is adhered to by everyone involved with the teaching / serving / cooking of food / drink in school during the day and our partners that share our school premises.

The nutritional principles of this policy are based on current evidence-based findings; and the 'Eatwell Plate' is the agreed model for ensuring a healthy balanced diet.

[The Eatwell Guide - NHS](#)

[www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material](http://www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material)

## 3 CURRICULUM RATIONALE

At Bishop Perrin School, we consider all elements of our work to ensure that we promote health awareness to all members of the school community. We provide valuable role models to pupils and their families with regard to food and healthy eating patterns. Through effective leadership, the school vision and the curriculum, all school staff can create an environment which supports a healthy lifestyle.

### **Aims and Objectives**

- To encourage all children to be responsible for their own health and choices
- To contribute to the healthy physical development of all members of our school community
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To ensure that we are giving consistent messages about food and health

## **Food Across the Curriculum**

In Reception, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as preparing and cooking food.

Nutrition education is embedded in the curriculum and there is consistency across different subjects - science, PSHE, PE, D&T and that it remains consistent with the whole school food policy.

Every year group, children will complete a cookery unit – which is part of the Design and Technology 'Cooking and Nutrition' curriculum - which will always include aspects of health and nutrition. In PSHE children learn about a healthy diet. In PE the children look at how to stay healthy and the importance of a healthy life style. They move onto looking at how food plays an active part in this. In Science children look at the different food groups and the amounts of each we need to eat.

## **4 SCHOOL AND FOOD PROVISION THROUGHOUT THE SCHOOL DAY**

### ***Breakfast and After-School Club: Koosa Kids***

Wrap-around care operates on a daily basis in the school for all children and is run by an external agency, Koosa Kids. The food offered is healthy and is consistent with a healthy diet.

### ***After-school cooking club***

This club is offered on a 10-week basis from Years 1-6. The club is run by an external agency and teaches the children skills and knowledge about cooking, recipes and healthy lifestyles. It complies with standards for all school food.

### ***Snacks***

Some of our children in Reception Class, Key Stage 1 and Key Stage 2 have milk daily which is free for children under-five, and available at a small cost for the rest of the children. To support management of dairy allergies, provision of milk is managed under staff supervision and milk is sent home with the child at the end of the day to be consumed off the school site. It is not necessary for milk alternatives to be sent into school.

On the rare occasion when a child may bring a milk alternative into school (e.g. oat milk, soy milk). no almond milk is allowed. These milk drinks must be provided in original cartons with ingredients accessible, to ensure almond milk is not sent into school unknowingly.

The school participates in the government initiative to provide all foundation and Key Stage 1 children with free fruit and vegetables during the day. All children are encouraged to bring fruit or vegetables to school for a snack. Cheese and other snacks are not allowed, to help us support dairy and other allergies in the school environment. Only healthy snacks are allowed and children must be sat down to eat their snack.

Parents are requested to refrain from giving after-school snacks to their children until off school premises.

### ***School lunches and packed lunches***

Our school meals are provided by Caterlink. Currently all children in primary school are entitled to free school meals under the Mayor of London initiative.

Children are provided with a choice of meals including a hot, cold, vegetarian and salad option, all of which pay regard to nutritional balance and healthy options. This includes the use of fresh fruit and vegetables each day as a choice for the children.

The meals are regularly monitored and checked by Caterlink who also set the prices. Menus are displayed on the school website for parents and carers to view and choose their meals. They also signpost parents to where to find further information such as ingredients and allergen information.

Pupils who have medical dietary requirements are called up first. These children will wear a coloured wristband to help kitchen staff to identify them.

Children may bring a packed lunch to school. We do not permit chocolate bars or any kind of fizzy drinks in packed lunches. All children have access to cooled water at lunch time. The school regularly monitors the contents of lunch boxes and helps children to make informed choices about what is healthy / less healthy to eat.

Packed lunches are stored on a trolley in the school hall during the day.

### **Use of food as a reward / birthdays and special occasions**

To manage allergies safely, we do not allow food to be brought into school for children's birthdays. Instead, parents are encouraged to donate a book to the school library, and a book plate will be out in the book to acknowledge that it was donated on the occasion of the child's birthday.

Staff are requested to avoid using food as treat, rewards or gifts, and find alternatives instead.

### **Water only school**

Water is freely available throughout the school day to all members of the school community. Every child is reminded to bring in a bottle to store their water in. These bottles must be 650ml or smaller; plastic (not metal). Children may drink their water at any time, although this is managed carefully during lesson time to avoid disruption and distraction.

## **5 SPECIAL DIETARY REQUIREMENTS**

### ***Vegetarian diets***

School caterers offer a vegetarian option at lunch every day.

### ***Special Diets - Medical***

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. Individual health care plans for medical needs in school are created for pupils with special dietary needs/requirements. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements. The school and school caterers (if appropriate) are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process. The children are photographed and their picture is kept in the kitchen with their exact dietary requirements. These children are required to wear a coloured wristband at lunchtime, as a further indicator to staff that they have medical dietary requirements.

For more information, please see our Allergy Policy.

## **6 FOOD SAFETY**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas.

## **7 THE FOOD AND EATING ENVIRONMENT**

The school will provide a clean, sociable environment for pupils and staff to eat their lunch and has developed the healthy / welcoming aspects of the dining room and staff room environment.

Lunch time supervisors help to ensure a safe, enjoyable experience at lunchtime and are able to encourage healthy eating and good table manners. Children are required to remain seated while they are eating, and use a knife, fork and spoon as required.

Staff are requested to store and eat their lunch in the staffroom. Food is not to be consumed in classrooms or offices, to maintain good allergy awareness practices. Hot drinks are permitted outside of the classroom, but during the school day these must be in cups with a secure lid (no take-away cups).

## **8 LEADING BY EXAMPLE AND STAFF TRAINING**

Teachers, caterers and lunchtime supervisors have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. As a school, we ensure we model drinking water in front of children, we model healthy eating in front of the children.

It is essential that staff are committed to setting an example with food in school.

## **9 PARTNERSHIP WITH PARENTS AND CARERS**

The partnership of home and school is important in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other.

Parents and carers are regularly updated on our water and packed lunch policies through school. We encourage parents to choose healthy options for pack lunches.