



## **BPET Food Policy**

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

### Learn, Enjoy, Succeed

Every BPET child and staff member enjoys a broad (LEARN) and enriched (ENJOY) learning experience, enabling them to achieve far greater individual success (SUCCEED) than they might previously have thought possible.

#### Our Mission

To grow hubs of like-minded, autonomous schools, well-supported, all of which combine academic rigour with highly enriched opportunities that deliver a personalised approach to education and exceptional outcomes for all.

#### Our Difference

We are leading the way in delivering high quality education through a skills-based curriculum, applying the best of the independent and state sectors to deliver breadth of opportunity and pupil enrichment. We empower all our schools as individual entities that best meet the needs of the communities they serve and have a strong relationship with parents, who are our key partners in delivering the vision.

#### Our Promise

Every child is an individual. Our role is to nurture pupils' potential through a personalised approach to learning. BPET children are happy, independent, confident all-rounders. We encourage a 'be interested and be interesting' attitude in children and staff alike. We don't just teach; we want our pupils to have a passion to learn. Our focus is on all pupils, regardless of background or academic ability, focusing on pupils with Special Educational Needs as well as those who are more able.

## 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

The Trust recognises the importance of a healthy diet and the significant connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards at school. It is important that we ensure that awareness of healthy eating is promoted by all members of the school community and also the role the school can play to promote family health. Through effective leadership, the school ethos and curriculum, all school staff can bring together elements of the school day to create an environment, which supports sustainable healthy eating habits as part of a healthy lifestyle.

#### 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, on the Headteacher 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 lunchtime 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.

### Family Dining

Food and sharing food are an important part of our make-up as human beings. Wherever school settings permit, BPET wishes to promote and encourage a type of meal service called Family service.

Family service ensures that the children sit together at the same time and share the same meal; children will sit at the same table every day and on their table will be children from different classes, a mixture of girls and boys and children of all races and religions sharing the same food.

In the Early Years and Reception every table is supported by an adult who works with the children to help them serve their food, encourages them to eat and helps them learn to assist with clearing up after their meal.

In Year 1, 2 and 3 some children from Year 3 serve the children at their table supported by the four adults who are working in the hall; all the children assist with clearing up. In Years 4, 5 and 6 the Year 6 children serve the other children, but again, all children help with clearing up after the meal.

The nature of family service means that there is not an extensive choice menu, but the menu, which is healthy and nutritionally balanced, is decided and occasionally changed in consultation with the School Council and parents.

Trust schools will of course cater for vegetarians, medical dietary needs or allergies. We are also very happy to work with you and your child to make sure that they are able to eat the food on offer- we know that some children can be fussy, but we are committed to working with you to help your child enjoy a wider range of foods. The children drink water with their food.

The Trust feels eating is more than just 'refuelling' but should be an informal social situation where children work together, share responsibilities, and make new friends across the school. We are committed to working with you to make lunchtime better for your child and above all ensure that lunchtime will always be more to us than just food.

### A Balanced Diet

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) as updated in March 2019. 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 oak 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 in Key Stage 1 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 aim to serve one another (e.g. water) 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, should 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

## **11.0 Review**

This policy will be reviewed every two years by the Trust.

## **12.0 Approval by the Bellevue Place Education Trust Board**

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