



Bitham Brook Primary School

Policy Number	011	Issue	001
Policy Title	Whole School Food Policy		
Last Review Date	16/03/2015		
Accepted by Full Governing Body	29/03/2017		
Next Review Date	01/03/2019		
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Whole School Food Policy

At Bitham Brook we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve their potential. We believe that the school, in partnership with parents and 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 all aspects of food and nutrition in school promote the health and wellbeing of all pupils and staff.

We aim to:

- Increase knowledge and awareness of a healthy diet through our PSHE and Science curriculum.
- Provide practical cooking experiences through the DT curriculum
- Provide safe, easily accessible water during the school day.
- Promote healthy eating/healthy food choices and discourage unhealthy eating/unhealthy food choices
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day.

Snacks

All FS and KS1 classes include a morning break time snack of fruit or vegetables. Only healthy snacks are allowed at break time. Fizzy drinks and sweets are not allowed in school or on school trips.

Nut allergies

We are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school.

Water for all

During school meal times only drinks which comply with the School Food Plan guidelines may be consumed, including water and milk. Children are encouraged to drink water regularly throughout the day and have water bottles in class. Cooled water is available to staff and visitors in the staff room.