

# **Chiswick & Bedford Park Preparatory School**

## **Food in School/Healthy Eating Policy**

### **Aims**

Chiswick and Bedford Park Preparatory School (“the School”) recognises the important connection between a healthy diet and a pupil’s ability to learn effectively and achieve high standards in school. The School also recognises the role the School can play, as part of the wider community, to promote family health.

The School aims to:

- Raise awareness of the importance of healthy eating and a balanced diet to maintain a healthy lifestyle;
- Encourage parents to provide a nutritious and well-balanced packed lunch; and
- Ensure that the consumption of food is a sociable, enjoyable and safe experience.

### **Equal Opportunities**

The school is committed towards equal opportunities in all aspects of school life. All resources used and teaching and learning will support this commitment.

### **Ethnic and cultural diversity**

Different ethnic and cultural groups may have different attitudes to Healthy Eating. The School will consult children, parents and carers about their needs, take account of their views and promote respect for, and understanding of, the views of different ethnic and cultural groups.

Parents should inform the school if their child has any specific dietary needs due to culture, religion or health.

### **Curriculum Content**

At our School, healthy eating is delivered within a whole school approach which may include:

- ★ Topics
- ★ Special celebrations such as Chinese New Year
- ★ Planned aspects of PSHE, Science, DT, Geography, RE and other curriculum areas
- ★ Special performances
- ★ Pastoral time (e.g., circle times)
- ★ Story times
- ★ The personal, social and emotional development area of learning.
- ★ Extracurricular activities
- ★ Well-being curriculum week.

### **School lunches**

A nutritious and tasty school meal will be available to pupils and staff at lunchtimes in a pleasant environment. We encourage all pupils to take a school meal, and only to bring a packed lunch if there are special circumstances.

No child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to “try a little bit more” if they can to ensure that they are not hungry later in the day.

We will achieve this by:

- Ensuring lunch supervisors/staff are well trained
- Providing food of consistent nutritional quality at lunchtimes which as a minimum meets the current Government’s food regulations.
- Providing an enjoyable lunchtime experience and environment
- Involving parents and carers in our ongoing healthy packed lunch campaign

Hot school lunches are provided on site (SMAA Michael Room Hall) by Holroyd Howe catering and their menus are available to view on our website. They provide a balanced menu with non-meat alternatives.

### **Packed lunches**

Parents and carers are encouraged to provide healthy packed lunches for their children. Fizzy drinks, chocolate (excluding chocolate-covered biscuits) and sweets are not acceptable in packed lunches. Children are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts. This is communicated at the Meet the Teacher evening.

Children are encouraged to eat all their lunch and any unfinished food will be left in the lunch box so that the parents can see what their child has eaten.

### **Break time snacks**

All children are expected to bring fruit/vegetables to eat at break time. Children should also bring in a non-glass drinking bottle for water. Children may refill this at any time during the day.

### **Fruity Friday**

School Council have decided that every Friday children should bring in pre-cut fruit and vegetables. These can then be shared out between all children so that they have the opportunity to try new fruit and vegetables. In the Nursery children bring in fruit and vegetables and share them in this way every day.

*NB this has been suspended during the Covid-19 pandemic.*

### **Water Provision**

All children and staff always have access to drinking water. Consumption is permitted both in the class, and during break and lunchtimes. Water is also available in the playground.

### **Special events**

If a child brings a birthday cake to school or a bag of sweets back from a holiday, these are divided up for distribution at break and home time.

### **Class parties**

At the end of Autumn and Summer Terms, classes have a party. Parents should be encouraged to send in healthy food as well as treats for the party.

### **Good manners**

*Updated and reviewed September  
2023*

The school recognises the importance of lunch and snack times to encourage good manners and social interaction. Children can use the time to chat with their friends. Children should never walk around the lunch hall whilst eating and they will always be encouraged to finish all their food. Any unfinished food will be returned home in their lunchbox.

### **Hygiene**

Children are encouraged to wash their hands after going to the toilet and before handling food.

### **Allergies**

Parents and carers inform the school and Holroyd Howe if a child suffers from an allergy, identifying the foods to which the child reacts, and the usual symptoms of the reaction. To ensure all staff, including supply staff, are aware of child allergies, a list of class health issues is available in the class room and the staff room. Any individual child's special medication is kept in a labelled zip bag. This information will be displayed in the staff room and in the school kitchen.

### **Health and Safety**

Packed lunches should be sent in appropriate boxes with ice packs where necessary. Parents may include a thermos flask for hot food. If parents provide grapes, cherry tomatoes or similar, they should be cut in halves due to the risk of choking.

### **Food Poisoning**

In the event of a food poisoning outbreak, advice will be sought from the LA Health & Safety Department, and the Local Environmental Health Office.

### **The role of Governors**

The governing body is responsible for monitoring the healthy eating policy. The governors support the Headmistress in following guidelines from external agencies and support the school in the implementation of the policy.