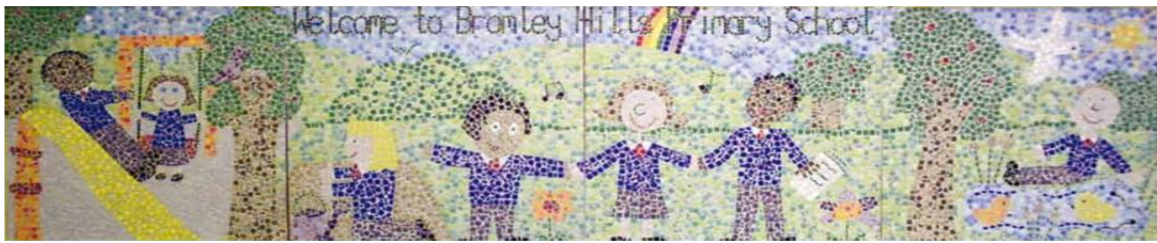


Bromley Hills Primary School

Whole School Food Policy

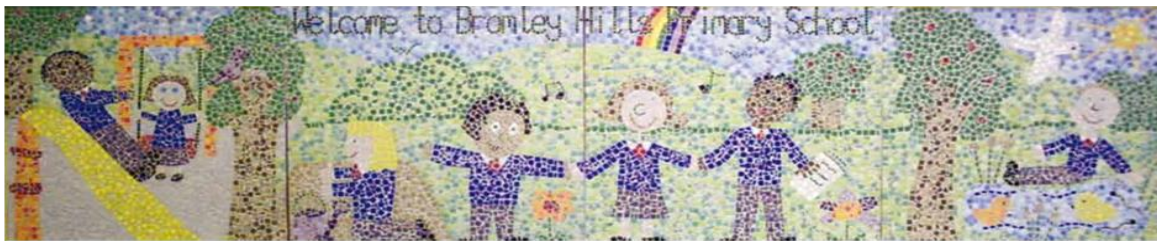
Draft Document:	Spring 2025
Draft Document to staff:	Spring 2025
Draft Document to Governors:	Spring 2025
Policy adopted by Governors:	Spring 2025
Review:	Spring 2028



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School Vision

At Bromley Hills, we promote a positive culture of social and emotional well-being and mental health resilience for pupils, staff, and our community. We want our children to achieve their full potential; through an inspiring and engaging curriculum, embedding our pedagogy that learning is a change to long term memory, so that they are equipped with the necessary lifelong knowledge and mental health awareness to enable them to become confident and independent valued members of our local community and British society.

School Values

Throughout our curriculum, we weave in a golden thread of core values, values which we believe are essential in preparing children for the wider world, and our young learners develop and build upon these as they go through school. Our core values are:

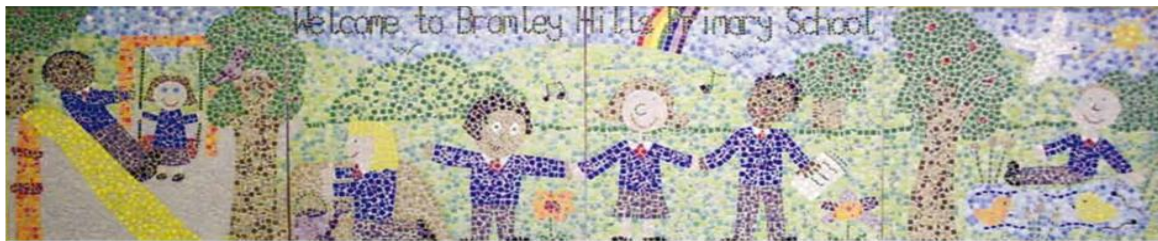
- Respect
- Honesty
- Cooperation
- Caring
- Teamwork

School Ethos

It's 'Time to Shine' - together we will succeed and achieve.

The UN Convention on the Rights of the Child

Article 29 - Every child has the right to an education to help them use and develop their talents and abilities.



Statement of Intent

Bromley Hills is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

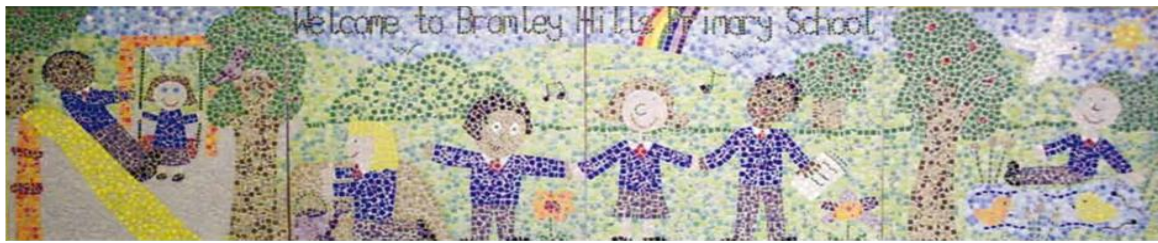
At our school we recognise the importance of a healthy diet and the significant connection between a healthy diet and a pupil's ability to learn effectively in school. We seek to influence and improve the health of the whole school community by equipping students with ways to establish and maintain lifelong healthy eating habits that benefit both themselves and their environment.

Healthy lifestyles can be promoted through effective leadership, school ethos and a broad and balanced curriculum.

The Whole School Food Policy reflects advice for governing bodies from the Department for Education document 'School food in England: Departmental advice for governing bodies' (January 2015) and the School Food Plan (Appendix I).

At Bromley Hills, we strive to ensure that:

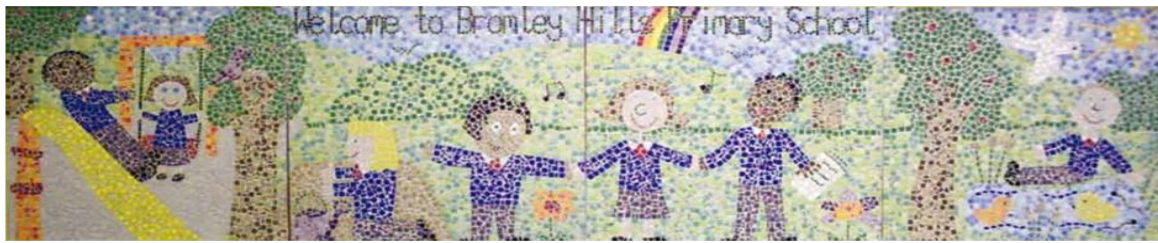
- All aspects of food and nutrition promote and support the health and well-being of pupils and staff and meet the mandatory standards for school lunches and food served throughout the school day.
- Our pupils are served tasty and nutritious food at school, with no child going hungry.
- Children are equipped with the skills, attitudes and knowledge to enable them to make informed choices about food throughout their lives.
- Children have equal access to healthy food and drink and appropriate nutritional education.
- Our pupils will know how to feed themselves well, and will enjoy cooking and growing with their families, both at school and at home, embedding a whole school culture of health.



- Food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian and medical needs and that all relevant staff members (including non-teaching staff e.g. midday assistants) are aware of these.
- The EU Food Information for Consumers Regulation No.1169/2011 requirement for food providers make information available about allergenic ingredients used in any food and drink served is being met.
- We raise awareness and promote the eligibility criteria in relation to free school meals for parents and carers, as well as increasing the uptake of school meals.

The governors and staff aim to:

- Take a Whole School Approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school.
- Ensure that all aspects of food and nutrition at our school promote the health and wellbeing of the whole school community.
- Encourage pupils to develop healthy diet habits and attitudes - eating more fruit and vegetables, eating less sugar and fat, and drinking more water.
- Enable pupils to make healthy food choices through the provision of information about healthy foods and where food comes from, and the development of appropriate skills, including food preparation.
- Ensure that all adults in our school community are aware of this approach and work towards it.



Food in School

1. Breakfast

At least half a million children in the UK arrive at school each day too hungry to learn. Research has shown a direct link between the breakfast habits of children and their educational attainment. We offer a breakfast as part of our before school childcare provision.

2. Morning Break

EYFS and Key Stage 1 pupils have fruit and vegetables provided for them by the School Fruit and Vegetable scheme. KS2 pupils are encouraged to bring a fruit or vegetable snack from home for break time. All pupils are also able to purchase a bagel snack at break time at school.

3. School Meals

The school catering service is managed in-house with the support of a catering consultancy.

Menus are changed on a seasonal basis with input from The School Council.

The menus operate on a three-week menu cycle.

Good procurement practices ensure that the food provided to pupils is nutritious and good quality, to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating principles.

The menus are compliant with School Food Standards and monitoring of them forms part of the role of the consultancy, using the standard School Food Plan 'Checklist for School Lunches' (Appendix 2), termly audits are carried out by the consultancy.

The pupils choose the lunch they would like from a choice of vegetarian or non-vegetarian hot meal, lighter bites or a 'packed lunch' option.

Lunchtime Supervisors in the dining hall encourage an atmosphere that promotes healthy eating and develops positive social interaction between pupils. Pupils are encouraged to eat all or at least try to eat most of the food provided. Lunchtime supervisors will help any pupils who have concerns, or cause concern, during meal time, e.g. pupils who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, skip or do not eat their lunch.



School lunch menus are available on the school's website.

Special dietary requirements.

Individual care plans are created for pupils with food allergies or intolerances. These document symptoms and adverse reactions, actions to be taken in an emergency and emergency contact details.

Parents of pupils with special dietary needs must request a meeting with the SENDCo and agree a menu before their pupils can partake of school meals. The school will provide a photograph to enable the kitchen staff to identify pupils with special dietary requirements. The catering team are also supplied with advisory guidelines provided by our catering consultants.

Universal Free School Meals.

From September 2014, all pupils in Reception, Year 1 and Year 2 are eligible for free school lunches. The school fully supports this initiative, encouraging pupils to have their free school meal.

Encouraging take up of school meals.

Through the school newsletters, parents on low incomes will regularly be encouraged to register and take up their entitlement to free school meals for their pupils.

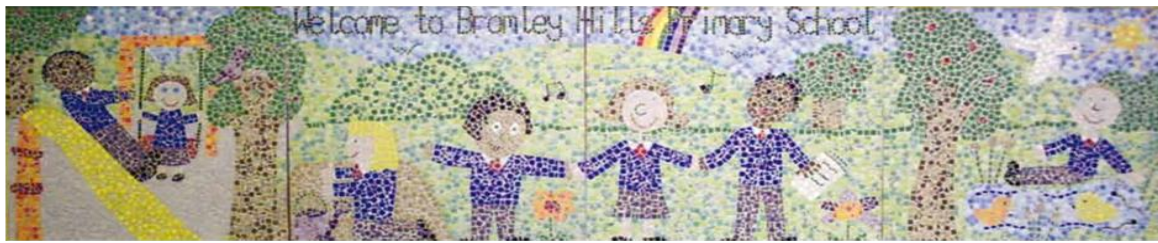
4. Packed Lunches

Although the governors encourage parents to choose a school meal for their child, pupils are permitted to bring a packed lunch from home.

Parents are informed that sweets, chocolate, crisps, chewing gum, and fizzy drinks are not permitted in school.

A school packed lunch guide is available for parents and also on the school website and is shown at Appendix 3.

Pupils are required to eat all or at least try to eat most of the food provided by their parents. All uneaten food from packed lunch boxes is taken home in the packed lunch box to enable parents to monitor as well as school.



5. Water

Pupils are encouraged to bring a water bottle to school. Pupils can bring either water or flavoured water to drink during the day. They are allowed to have cordial at lunchtime. Regular water and brain breaks are built into the school day and curriculum by class teachers.

6. Milk

Milk is an important source of nutrients for growing pupils and the school food standards require lower fat milk or lactose reduced milk to be available for drinking at least once a day during school hours. (Whole milk can be provided for pupils up to the end of the school year in which they reach age 5).

7. Confectionery

Pupils are not allowed to have sweets, chocolate or chewing gum in school. Pupils are encouraged to bring in something other than sweets for birthday treats.

8. Nut Awareness

This school operates a Nut Allergy Awareness Policy throughout the school, as there are pupils with allergies. (Appendix 4).

Food in the Curriculum

The head teacher has a responsibility for preparing the curriculum policy. The governing body's strategic role is to consider, agree, monitor and review the policy and its implementation.

Aims:

- To enable pupils to make healthy and informed choices by increasing knowledge, changing attitudes and enhancing skills.
- To educate pupils to understand the importance of a balanced diet, appropriate portion sizes, where food comes from and the relationship between food, physical activity and health benefits.



- To ensure schemes of work for all key stages will reflect the whole-school approach to healthy eating.
- To understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.

Food Safety

Our catering consultancy supply a full food safety management system to ensure we are compliant with current legislation.

The kitchen team receive food safety training and ongoing on the job training and support.

Compliance is monitored by our catering consultancy.

Food Information Regulations

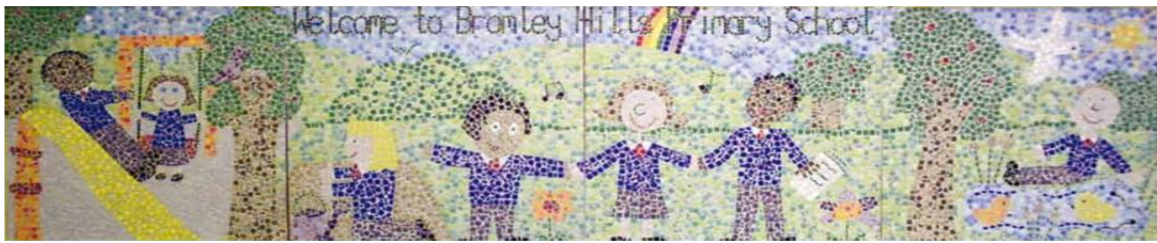
Our catering consultancy supply a full allergen management system to ensure we are compliant with The Food Information Regulations 2014.

The Catering Supervisor has been trained to use and manage the allergen system and the kitchen team receive food allergen training and ongoing on the job training and support.

Compliance is monitored by our catering consultancy.

Monitoring and Review

The policy will be reviewed bi-annually and take into account any local or national guidance. It is the responsibility of the governing body to ensure that the policy is monitored and reviewed.



Appendices

Appendix 1 School Food Standards

Appendix 2 Checklist for School Lunches

Appendix 3 Packed Lunch Policy

Appendix 4 Nut Allergy Policy



Appendix I

The School Food Standards

Eating in school should be a pleasurable experience; time spent sharing good food with peers and teachers.

These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.

As a general principle, it is important to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to hear the stories behind their food. Use fresh, sustainable and locally-sourced ingredients (best of all, from the school vegetable garden), and talk to them about what they are eating. Go to www.schoolfoodplan.com/www to find examples of what other schools are doing to encourage children to eat well.

Buying foods in line with the Government Buying Standards will help reduce salt, saturated fat and sugar, and increase fruit, vegetable and fibre content.

* This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs



Fruit and vegetables

- One or more portions of vegetables or salad as an accompaniment every day
- One or more portions of fruit every day
- A dessert containing at least 50% fruit two or more times each week
- At least three different fruits and three different vegetables each week



Foods high in fat, sugar and salt

- No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated, each week*
- No more than two portions of food which include pastry each week*
- No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat*
- Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food
- No confectionery, chocolate or chocolate-coated products*
- Desserts, cakes and biscuits are allowed only at lunchtime. They must not contain any confectionery
- Salt must not be available to add to food after it has been cooked*
- Any condiments must be limited to sachets or portions of no more than 10g or one teaspoonful*



Milk and dairy

- A portion of food from this group every day
- Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours



Meat, fish, eggs, beans and 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
- Oily fish once or more every three weeks
- For vegetarians, a portion of non-dairy protein on three or more days each week
- A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools*

Food provided outside lunch

- Fruit and/or vegetables available in all school food outlets
- No savoury crackers and breadsticks
- No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)



Starchy food

- One or more wholegrain varieties of starchy food each week
- One or more portions of food from this group every day
- Three or more different starchy foods each week
- Starchy food cooked in fat or oil no more than two days each week*
- Bread - with no added fat or oil - must be available every day



Healthier drinks*

- Free, fresh drinking water at all times
- The only drinks permitted are:
 - Plain water (still or carbonated)
 - Lower fat milk or lactose reduced milk
 - Fruit or vegetable juice (max 150 mls)
 - Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
 - Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)
 - Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk
 - Tea, coffee, hot chocolate
- Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice





Appendix 2

Checklist for school lunches

NAME OF SCHOOL:		DATE OF MENU:			
		Standard met (Y/N)			
Food group	Food-based standards for school lunches	Week 1	Week 2	Week 3	
STARCHY FOOD	One or more portions of food from this group every day				
	Three or more different starchy foods each week				
	One or more wholegrain varieties of starchy food each week				
	Starchy food cooked in fat or oil no more than two days each week (applies to food served across the whole school day)				
	Bread - with no added fat or oil - must be available every day				
FRUIT AND VEGETABLES	One or more portions of vegetables or salad as an accompaniment every day				
	One or more portions of fruit every day				
	A dessert containing at least 50% fruit two or more times each week				
	At least three different fruits, and three different vegetables each week				
MEAT, FISH, EGGS, BEANS AND 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				
	Only fish once or more every three weeks				
	For vegetarians, a portion of non-dairy protein three or more days a week				
	A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once a week in primary schools and twice each week in secondary schools, (applies across the whole school day)				
MILK AND DAIRY	A portion of food from this group every day				
	Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours				
FOODS HIGH IN FAT, SUGAR AND SALT	No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated (applies across the whole school day)				
	No more than two portions of food which include pastry each week (applies across the whole school day)				
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (applies across the whole school day)				
	Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food				
	No confectionery, chocolate and chocolate-coated products, (applies across the whole school day)				
	Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery				
	Salt must not be available to add to food after it has been cooked				
	Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful.				
HEALTHIER DRINKS <i>applies across the whole school day</i>	Free, fresh drinking water at all times				
	The only drinks permitted are: <ul style="list-style-type: none"> • Plain water (still or carbonated) • Lower fat milk or lactose reduced milk • Fruit or vegetable juice (max 150mls) • Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks • Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated) • Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk • Tea, coffee, hot chocolate Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice				

It is expected that schools will use these checklists in combination with the nutrition criteria of the Government Buying Standards for Food and Catering Services.

Appendix 3

School Packed Lunch Guide

cmc
the team behind you

A packed lunch can be a good and healthy meal as long as it is balanced. Choose one food from each of these four groups to plan a balanced packed lunch for your child. The School Food Plan is now a legal requirement for all food served in schools and we would like lunches brought into school to follow our 'Heathly Eating' ethos.

Group 1 Carbohydrate foods

Bread – wholemeal, white, brown
Rolls or bagels
Pizza, pitta bread or wraps
Potatoes, rice, pasta or noodles



Group 2 Protein Foods for fillings and toppings –

Meat & Fish- beef, lamb, ham, pork, bacon, chicken, turkey, tinned tuna, salmon, mackerel, sardines, pilchards;
Cheese or cheese portion
Eggs, Pulses, kidney beans/chickpeas in a salad



Group 3 Vegetables/Salad and Fruit

In sandwiches – cucumber, tomato, onions, lettuce etc.
Salad or Coleslaw; Vegetables sticks, cherry tomatoes, radishes
Vegetables mixed in with other dishes e.g. in potato or pasta salad
Fresh fruit –apples, satsumas, bananas etc;
Fruit in jelly or small tins; Dried fruit – apricots, dates, apple slices, raisins



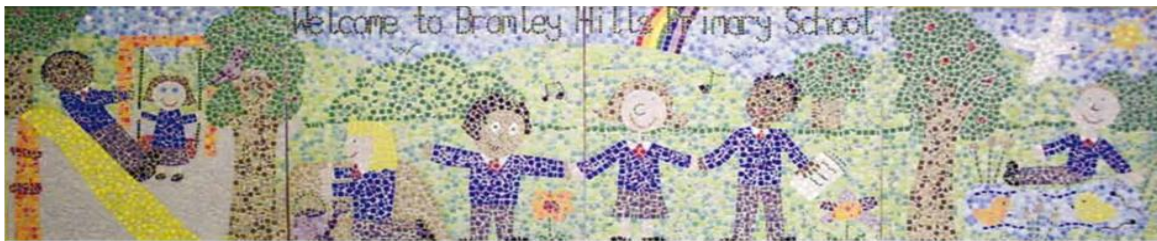
Group 4 Milk and Cheese

Yoghurts or fromage frais
Milk puddings e.g. Muller rice or Ambrosia custard
Grated cheese in sandwiches; cheese portion or DairyLea and cheese biscuits



Group 5 Fatty and Sugary Foods – Chocolate, biscuits etc are all extra and are not an essential part of the diet. Try and include food from the above four groups before you use these foods. **Crisps and sweets are not to be sent as part of a packed lunch in line with our policy to encourage healthy eating in school.**

Drinks- Only water or low calorie still squash or pure fruit juice should be sent as the drink with packed lunches.



Appendix 4

NUT ALLERGY AWARENESS POLICY

Purpose

The purpose of this policy is to:

- Raise awareness about allergies to all our school community
- Ensure we provide a safe learning environment for all
- Give assurance to those pupils/families with severe allergies that we take the management of these seriously.

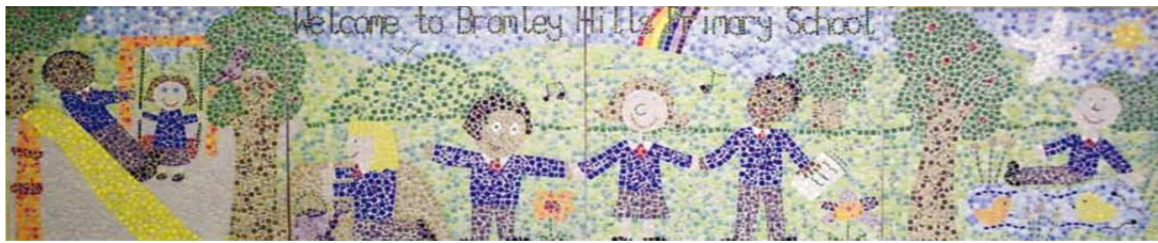
Aim

We are not a nut-free school, but we aim to be as nut-free as we can. It is impossible to provide an absolute guarantee that no nuts will be brought onto the premises, but we will strive to minimise this as much as we can.

Management

We ask that all members of the school community manage the day-to-day application of this policy in the following ways:

- Parents and carers are encouraged not to send food to school that contains nuts. This includes all types of whole nuts, nuts as ingredients and any other food containing nuts.
- Staff will be alert to any obvious signs of nuts being brought in, but they will not inspect all food brought into school.
- Pupils that do bring in food that does contain nuts or nut products will be asked to eat that food away from any child with a nut allergy and to wash their hands before going to play.



- Pupils will be asked not to share food.
- Some staff are trained in understanding and dealing with Anaphylaxis (severe allergic reactions) and will use this training as the need arises.
- With regard to the kitchen – all products are checked on delivery as part of the Food Information Regulations management system – any product stating “may” contain nuts will be classed as containing nuts. All recipes are nut free as in the actual use of nuts, but some recipe items may have been manufactured in an environment that is not guaranteed nut free.

Promotion

The policy will be promoted by:

- A copy of this policy being made available to all parents and carers.
- Staff being informed and provided with training opportunities.
- Pupils being informed via teachers and support staff.
- Publication of this policy on the school website.