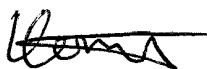



Food Policy

Beech Hyde Primary School and Nursery



Last Reviewed:	Spring 2024	
Review Date:	Spring 2026	
Policy Coordinator:	Karen Thomas	
Signed: Headteacher	Karen Thomas Headteacher	
Signed: Co-Chairs of Governors	Sarah Medlock	

Rationale

Beech Hyde School is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Aim

- To ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to our school.
- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To ensure health and safety in relation to food consumption and known allergies

Objectives

- To ensure that we give consistent messages about food and health
- To give our pupils the information they need to make healthy food choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community

Nut Free School

Beech Hyde is a nut free school. This means no nuts of any kind should be bought on site. This applies to food bought in by pupils, staff, parents, contractors and visitors. There are signs displayed around the school to remind those on site.

In the event of a reaction to food where the allergy is unknown, or an epi pen has not been provided, the school has emergency epi pens (junior and senior) kept in the medical cupboard in the main office. This will be used only in an emergency, and preferably under the direction of a medical professional.

Snacks

- Children are offered fruit from the free fruit scheme, unless parents/carers have informed us that they have an allergy to fruit.
- Children can bring their own healthy snack for breaktime. This must be an unprocessed item of fruit or vegetables, and must be consumed by the child not shared with other children.
- Children should not bring in snacks/ sweets to share with other children e.g. to celebrate birthdays - these can only be shared on the playground by parents/carers under the supervision of the consuming child's parent/carer

School lunches and packed lunches

All our school meals are supplied by Aspens who provide high quality food that is safe to eat.

Aspens provide variety and choice, this includes the use of fresh fruit and vegetables each day. Their recipes and menus are inspired by current food trends and popular dishes from around the world. They provide four options, all of which pay regard to nutritional balance and healthy options. Menus are available at home to parents/carers on the Aspens 'Select' system so that they can discuss with their children what they are going to choose to eat.

Children can bring a packed lunch to school. We regularly include newsletter items about the contents of these. We do not allow nuts, fizzy drinks and sweets, chocolate biscuits and crisps.

Water and other drinks

- All children from Reception to Year 6 have a water bottle provided by the school.
- Children may also bring in their own water bottle to school that can only contain water - no juice, milk or fizzy drinks are allowed in their water bottle.
- Water is freely available throughout the school day to all members of the school community.
- Milk can be purchased by parents/carers in advance and given to children at breaktime.
- Children are also reminded to drink water and have milk or water at their snack time.

We ask that parents/carers of children with allergies educate their child on what they can and can not consume.

Special Dietary Requirements

- **Vegetarians** - A vegetarian option is offered at Lunch each day.
- **Food allergy and food intolerance** – Aspens (school caterers) are made aware of any food allergies/intolerance. Individual care plans are created for pupils with food allergies/intolerance. These document the allergy and adverse reaction, and the location of emergency medication on site (i.e. EpiPens, asthma inhaler). All lunchtime staff are provided with information on individuals with allergies intolerances to food.

Requests for special diets are submitted according to an agreed process.

Aspens is responsible for ensuring the quality of the food and Trust meetings are held to discuss and resolve any issues.

<https://www.aspens-services.co.uk/our-approach/primary-approach/>

Food across the curriculum

In the Early Years opportunities are provided through the curriculum, for children to learn practically about being healthy, including healthy eating, safety when preparing food, and where food comes from.

In KS1 and KS2, there are a number of opportunities across the curriculum 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 shopping, preparing and cooking food.

Healthy Schools

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children are taught about different foods associated with religious festivals.

PSHE taught using Jigsaw, encourages young people to take responsibility for their own health and wellbeing, teaches them how to develop a healthy lifestyle and addresses issues such as body image. The Healthy Me puzzle includes: learning about healthy food and eating; healthier lifestyle choices and food labelling and healthy swaps.

DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking. Pupils are taught about hygiene and safety when preparing food. Food technology is covered through one project each year in KS1 and KS2.

The Design Technology Subject Leader supports colleagues in the delivery of the food policy but it is the responsibility of all teachers and teaching assistants to adhere to food hygiene guidelines.

If pupils are to be exposed to food in school, whether tasting, handling or making, parents/carers will need to give written consent in advance. The teacher supervising the lesson/ experience will need to ensure they have checked all allergies and any updates.

BHA events

During out of school time events where children will be present without their parents/carers hosted on site, e.g. school discos, movie nights etc, parents will be asked to provide consent for their children to be offered certain foods. If consent is not provided then the child will not be permitted to eat food available. This permission may be given upon purchase of a ticket for the event.

During out of school time events where children will be present with their parents/carers hosted on site, e.g. Fireworks, ice cream Friday etc, parents must purchase food for their children. Children will not be sold food/drink. For Year 6 children who have permission to walk to and from school alone, parents/carers will need to give written permission for their child to purchase specific food e.g. ice-cream.

The organisers of any such event will be aware of where the schools spare epi pen and asthma inhalers are kept. School staff will be there to supervise and provide first aid if needed.

During out of school time events where children will be present with their parents/carers, hosted off site, e.g. Wheathampstead 10K etc, parents/carers are responsible for their children and what they consume.

On site external providers

External providers, who hire the school buildings (e.g. WASAPS), are responsible for ensuring that the correct procedures with regard to food and drinks are in place. Beech Hyde takes no responsibility for food and drink given to children by an external provider.

This policy will be reviewed and updated to take account of new developments.

Appendix 1 - Aspens Allergen Policy

Policy Statement

- The Company firmly believes in providing high quality food to our customers and clients that is safe to eat.
- We are therefore committed to reducing the risk to our customers with regards to the provision of food and the consumption of allergens which could lead to an allergic reaction.
- The Company accept its duty to comply with all relevant Food Regulations, which states that allergen information must be provided on all food sold.

The Company acknowledges that the successful implementation of this policy and management of allergens requires the commitment and support from all employees.

To achieve this the Company will:

- Work closely with our supply chain to ensure accurate information on all products that may contain allergens.
- Maintain a database of all our recipes, clearly listing ingredients and highlighting those containing allergens.
- Work closely with our clients in assisting in the support of customers with known allergies, including meeting with parents, if requested, to discuss any special requirements.
- Display signs that encourage our customers to ask about allergens in the foods being served.
- Ensure that our staff have the necessary training and information to provide our customers with accurate guidance on allergens.
- Through good hygiene practices and adhering to Hazard Analysis and Critical Control Points (HACCP), reduce the risk of cross contamination in our kitchens.
- Audit our operations to ensure the above policy and practices are working effectively and review the policy, as necessary.
- Operate as far as is practical a nut free environment within our primary and secondary school kitchens.