

# Food in Schools Policy

## Byker Primary School



Approved by:	Governing Body
Approved Date:	October 2025
Review frequency:	Annually
Next Review Date:	October 2026

## **Aim**

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to the school. Byker Primary follows guidance given within the School food Plan. This plan is about good food and happiness. It is about the pleasures of growing, cooking and eating proper food. It is also about improving the academic performance of our children and the health of our nation.

## **Objectives**

- To ensure that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day
- To ensure that the provision and consumption of food is an enjoyable and safe experience
- To ensure that the whole school community understands that a balanced diet is recommended
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment
- To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them

## **How our Food Policy is implemented.**

1. School Ethos
2. Curriculum
3. Birthday/Holiday Gift Food
4. Water
5. Breakfast Club/ After School Club
6. Lunchtime

### **School Ethos**

The importance of a balanced diet is consistently communicated throughout the school day including trips and events. Staff are strongly encouraged to participate and model balanced eating as a valuable part of daily life.

### **Curriculum**

PSHE, Geography, Science, Food Technology, RE and Languages may all contribute to the curriculum delivery of food education. For example, this may include learning about where our food comes from and how it is produced in geography,

what effects our diet has on our bodies in science and the cooking of food in design technology.

Foods containing high levels of fat, sugar and salt will not be used as rewards in school.

### **Birthday/Holiday Gift Food**

Parents sometimes wish to give out birthday food or food brought back from a holiday. These will be given out to pupils to take home at eat voluntarily at the discretion of parents. Any food brought into school should be nut free in line with Newcastle City Councils nut free policy.

### **Water**

All pupils and staff have water freely available at all times and are able to refill bottles easily.

### **Breakfast /National Breakfast Bagel program**

Breakfast club is provided by Greggs. Pupils are offered cereal, toast, fruit juice, milk or water to drink if they express hunger whilst at school.

We follow the National Breakfast Program and offer every school a bagel either plain or with butter whilst at school each day.

Pupils who attend after school club have water available from dispensers.

### **Lunchtime**

#### School Lunches

Lunches meet the *School Food Trust's* national standards and follow Newcastle City Councils policy. Children are provided with a variety of menu choices on a 3 week program. There is always a vegetarian and halal option and they will always have access to a salad bar.

Pupils are encouraged to taste and eat new foods and partake in the social aspect of sitting with their peers in a dining room.

#### Packed lunches

The school will provide facilities for pupils bringing in packed lunches.

The school will work with the pupils to provide pleasant and appropriate dining room arrangements.

Where appropriate, the school will work with parents to ensure that packed lunches are healthy and nutritious and **not contain nuts**.

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items. All grapes should be cut in half to minimise the risk of choking.

### Packed Lunch Guidance

The ideal Packed Lunch should include:

- Carbohydrates (e.g. bread, pasta, noodles, rice, cous cous etc)
- Protein (e.g. meat, fish, cheese, yoghurt, eggs, lentils, quinoa etc.)
- Fresh fruit and veg (e.g. Carrot sticks, cucumber, apple, berries, etc)
- Drink (e.g. Still water or fruit juice)

### **Staff and Visitors**

Staff will be encouraged to model the food policy.

Visitors will be offered healthy refreshments or at least a choice which contains a healthy option.

### **Equal Opportunities**

Provision is allowed for special diets e.g. medical, cultural, vegetarian and for appropriate serving.

### **Implementation and Monitoring**

The head teacher ensures that food and drink is healthy and that all children take up the opportunities offered.

The head teacher is responsible for disseminating information to parents. The governing body, through committee meetings, receives a updates regarding these issues.