



BROADWATER
CHURCH OF ENGLAND
PRIMARY SCHOOL

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Food Policy 2023-2026

Approved by Governors Spring 2023

Turn your ear to wisdom and apply your heart to understanding (Proverbs 2:2)

Broadwater is a Christian School. We will enable children to become wise, confident, successful learners with the motivation, skills and responsibility to make a positive difference in God's world. Our vision is underpinned by the values we live by.

The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! Galatians 5:22

It is this fruit that, in partnership with parents, we will instil in the children of our school.

Food Policy

Aims for Food Policy

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

Organisation

We are 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.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment, which supports a healthy lifestyle.

Nut Free School

Due to children with severe nut allergies, no nuts or products containing nuts should be brought into school – either as snacks or as part of packed lunches. This includes (but is not limited to) common foods such as:

- peanut butter
- Chocolate spreads that contain hazelnut
- Pesto

Snacks

All Foundation Stage and KSI classes take part in the Government initiative to provide all infants with free fruit and vegetables during the day.

KS2 children bring a healthy snack of fruit or vegetables which they eat at playtime – **no other snack is allowed during break**. It is recognised that as children grow, they may require a more substantial snack. In this instance an additional half sandwich is an appropriate option.

School and Packed Lunches

A hot school meal is provided by the local authority contracted caterer. This is provided free for all children in Early Years, Years 1 and 2, and parents are regularly informed of the online booking arrangements. When children in these years are on a school trip, a packed lunch option is available. Hot school meals can be booked for children in Years 3 to 6 online.

Where children bring a packed lunch to school, we encourage it to be healthy. There are a vast range of healthy options, and we encourage fruit and vegetables wherever possible. Children may also have juice or squash as part of their lunch box.

There are items that we do not allow. These are:

- sweets,
- chocolate bars (although we do allow chocolate covered biscuits)
- fizzy drinks – including any ‘energy’ or ‘isotonic’ drinks as these are not suitable for children
- products containing nuts (see above)

Water for all

Water is freely available throughout the school day to all members of the school community. All class sinks have drinking water. Every child is encouraged to have a secure bottle to store their water in. Children may drink their water at any time except during the 15-minute assembly or during whole class teacher input at the beginning of lessons. All children are also reminded to drink water at their snack time.

Drinking bottles should only contain water for consumption during lesson time and playtimes. Alternative drinks can be sent in lunch boxes (see above)

Food across the Curriculum

There are a number of opportunities 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.

English provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, e.g. writing to a company to persuade them to use healthy alternatives etc.

Mathematics can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

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 experience different foods associated with religious festivals.

Computing can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food Technology as part of Design Technology provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

Relationships and Health Education encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income. History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

School visits provide pupils with activities to enhance their physical development e.g. to activity centres.

Out of hours learning has included study skills activities based around food and nutrition and food-based art activities. (Get Set Go club)

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other and our school is well placed to lead by example.

Parents and carers are regularly updated regarding food, packed lunches, healthy eating and drinks through school newsletters.