



BAWB Federation Healthy Food and Drink Policy

Date of review:	December 2022
Reviewed by:	Charlotte Harper
Date adopted by the Governing Board:	December 2022
Governing Board Committee:	Resources
Link Governor (if appropriate):	Mally Dolphin
Publication status (e.g. on the website or available on request?):	Published on the website
Date next due for review:	December 2025

Equality Statement:

At The BAWB Federation we work hard to ensure that the culture and ethos are such that, whatever the abilities and needs of members of the school community, everyone is equally valued and people treat one another with respect. Our schools provide pupils and staff with the opportunity to experience, understand and value diversity. In the operation of this policy, we will endeavour to ensure that all members of our school community receive equal treatment irrespective of their age, gender, race, colour, ethnic origin, family commitments, marital status, sexual orientation, disability or religious beliefs.

Distinctive Christian Vision

This policy has been written and/or adopted with our distinctive Christian ethos in mind:

Rooted in the message of the Good Samaritan, we provide an aspirational education for all. We flourish academically, spiritually, and socially.

Matthew 22v 37-39 (NEB): Love the lord your God with all your heart, with all your soul, and with all your mind. Love your neighbour as yourself.





Aims

- To promote and encourage healthy eating and drinking
- To encourage and teach children to make healthy choices about food and drink

Special Circumstances

The following guidance should be applied wherever possible. In some circumstances, we may need to make exceptions for dietary, sensory, or other needs.

Members of staff will not challenge children directly about the food that they bring in from home, but will present issues / concerns to the Headteacher or base-leader so that the situation can be managed sensitively and holistically.

Drinks

The Health Authority recommends that pupils have at least 4 glasses of water per day; at least two of which should be at school:

- Water is available from a cooler in all three schools.
- Children have water bottles which they are invited to carry about their person at all times; they have regular opportunity to fill them throughout the day.
- Fizzy and high sugar content drinks are not permitted in school.

Sweets

- Sweets are not permitted in school.

Snacks

- All EYFS and KS1 children receive a free piece of fruit each day
- Any spare fruit is shared with KS2 children
- A healthy mid-morning snack may be brought into school e.g. fruit, wholemeal bread, crackers, cheese, etc.
- Sweet snacks (including cereal bars) and crisps should be kept to a minimum

Healthy School Lunches

- Our schools work with County Caterers to provide a nutritionally balanced meal with at least two options.
- Mid-day supervisors actively encourage pupils to eat fruit and vegetables as part of the "Eat 5 a Day" national policy.
- Demonstrating good mealtime manners and behaviours may be rewarded in line with our behaviour policy.
- Children may be rewarded for 'clearing their plate' where appropriate, but over-eating is not encouraged.

Healthy Packed Lunches

The Health Authority recommends the following for healthy packed lunches:

- One starchy based food – e.g. any sort of bread (white, brown or wholemeal), Pitta bread, chapatti, crisp-breads or rice-cakes.
- A meat, fish or alternative (including cheese, cheese spread, egg, peanut butter or pulses e.g. hummus)
- Two portions of fruit and / or vegetables – e.g. raw vegetables, salad, fresh fruit or dried fruit.



- Crisps are discouraged as these are high in fat and salt.

Parents' Role

- To uphold this policy
- To encourage their children to make healthy and informed choices about food and drink

The Headteacher's Role

- To ensure that consistent implementation of this policy by all members of staff
- To monitor the implementation of the policy
- To ensure that staff demonstrate and exemplify healthy choices about food and drink
- To ensure that staff exemplify good mealtime manners and behaviours

The Role of the Governing Board

- To ensure the implementation of this policy
- To challenge the schools' mechanisms for implementing the policy
- To review this policy every three years, or sooner where appropriate