



## Whole School Food Policy

### 1 Introduction

- 1.1 Our school is committed to supporting children to grow into healthy, confident adults. Promoting health and wellbeing is central to our ethos and underpins children's ability to learn, achieve, and take an active role in society.
- 1.2 We recognise that healthy eating plays a vital role in children's physical health, emotional wellbeing, concentration, and academic achievement. Our Whole School Food Policy forms part of a whole-school approach to health and wellbeing and supports our work towards national healthy school expectations.
- 1.3 This policy applies to all food and drink provided or consumed during the school day, including lunches, snacks, celebrations, and special events.

### 2 Aims and objectives

Our aims are to:

- help children understand the importance of food and drink as part of a healthy lifestyle;
- develop children's knowledge of what constitutes a balanced diet; equip children with the skills and confidence to make informed food choices;
- promote the physical, emotional and social wellbeing of all pupils;
- foster positive attitudes towards food without guilt or stigma.

### 3 The curriculum

- 3.1 Healthy eating is taught explicitly through the curriculum across subjects:
  - As Engineers, pupils learn about food preparation, cooking skills and hygiene.
  - As Scientists, pupils learn about nutrition, the human body, and the importance of a balanced diet.
  - As Geographers, pupils learn about food origins, sustainability, and food miles.
  - As Mathematicians, pupils learn about measuring, weighing, and portion calculations.
  - As Authors, pupils learn about discussion, reading and writing around health, food security, and global issues.
  - As Theologians, pupils learn about the role of food in different cultures, beliefs and traditions.
  - As Athletes, pupils learn about energy, hydration, and the relationship between food, exercise, and performance.

- As Philosophers, pupils learn about food choices, advertising, body image, and enjoying treats as part of a balanced lifestyle.

3.2 Healthy lifestyles are also promoted through the informal curriculum, including assemblies, sporting opportunities, outdoor learning, educational visits, and structured play.

#### **4 The school environment**

4.1 The school environment actively promotes healthy eating and drinking. Children and parents are encouraged to make balanced food choices that support wellbeing.

4.2 Sweets and chocolate are not used as rewards or prizes.

4.3 The school does not operate vending machines that dispense sweets or sugary drinks.

4.4 Drinking water is promoted throughout the day. Pupils have access to:

- a personal water bottle,
- fresh drinking water,
- regular opportunities to drink water during lessons and breaks.
- Only water is permitted in bottles during the school day.

4.5 Healthy snacks are encouraged. Pupils may bring fruit or vegetables for breaktime snacks. Crisps, sweets, and chocolate are not permitted.

4.6 For the safety of all pupils, nuts and foods containing nuts are not permitted on the school site, due to the risk of severe allergic reactions. Other food allergies are managed on an individual basis through risk assessment, care plans, staff awareness, and appropriate adult supervision. Where necessary, reasonable adjustments are made to support pupils with specific dietary needs, without routinely banning foods for the whole school. 4.7 Birthday treats may be brought to school but must not be consumed on site. These are distributed by parents and carers at the end of the day once pupils have left the school grounds.

#### **5 School lunches**

5.1 All school meals comply with the School Food Standards (England) and are designed to provide balanced, nutritious meals. Our catering contractors are required to:

- offer a vegetarian option daily;
- provide fruit and vegetables each day;
- meet nutritional standards for primary-aged children;
- promote positive dining experiences.

5.2 Parents of pupils who bring packed lunches are provided with guidance on balanced lunch options. We work with families to encourage consistency between packed lunches and our whole-school approach to healthy eating.

#### **6 Role of parents and carers**

6.1 We aim to work in partnership with parents and carers to reinforce healthy eating messages at school and at home.

6.2 Parents and carers are expected to support this policy by providing food and drink that aligns with our healthy eating principles and allergy requirements.

6.3 The school will offer information sessions, written guidance, or workshops to support families in understanding the importance of nutrition and healthy eating choices.

## **7 Monitoring and review**

- 7.1 The Local Governance Committee is responsible for monitoring the implementation of this policy. It will be reviewed regularly to ensure it reflects current guidance, best practice, and the needs of our school community.

Policy approved: April 2026

Review date: April 2029