



Food Policy

1 Introduction

In our school, we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of their behaviours, and encourage them to take responsibility for the choices they make.

We are committed to ensuring that the children in our care grow into healthy adults, this being the first principal requirements of the Children Act 2004 'Every Child Matters':

- Be healthy;
- Stay safe;
- Enjoy and achieve;
- Make a positive contribution;
- Achieve economic well-being.

Consequently, this school does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food.

In line with our Healthy School status, we will continue to ensure children in our school grow healthily, safely and responsibly, in an environment in which they thrive. We believe that it is only through a whole-school approach that the key messages about food and drink can be effectively conveyed and this continues to be part of our overarching protections and maintenance of the wellbeing of our whole school community.

2. Aims and objectives

- To help children know and understand the importance of food and drink in a healthy lifestyle.
- To help children learn what healthy food is.
- To give children the skills they need to make the right choices with regard to food and drink.
- To promote the physical and emotional well-being of all our children.

3. The School Environment

- We will ensure that our school environment promotes healthy eating.
- Sweets and chocolate will only be permitted on special occasions – such as birthdays, and in agreement with the cohort parents.
- We will encourage children to drink plenty of water by providing them with a water bottle when they enter school in Reception class and there after the children can bring in their own named bottle to use at any time and regular opportunities to drink water throughout the day.
- Children will be encouraged to bring fresh fruit and vegetables to eat at break times if they wish to have a snack. They will not be allowed to eat sweets or crisps.
- Due to some children having nut allergies, nuts are not permitted in lunch boxes.

4. School Lunches

We will serve healthy food and drink for our school lunches.

The lunches will be prepared by VERTAS, who are committed to the provision of food that has a balanced nutritional value. A vegetarian option is provided each day and children are always offered vegetables and fruit.

Details of the menu can be found on our school website.

The parents of children who bring packed lunches will be made aware of healthy school policy, and given clear guidance about what should be included in a healthy packed lunch – with regular reminders given in the School’s Newsletter.

5. Role of Parents

We will work closely with parents to ensure that the messages about food and drink we give in school are reinforced and supported at home.

We expect all parents who send their children to our school to respect our healthy food policy and to support it fully through the food they give their children to bring to school.

6. Monitoring and review

The governing body will monitor this policy to ensure that our children are taught the importance of healthy eating. It will be reviewed on a regular basis and at least once every three years.

Signed: Siobhan Eastwood. Deputy Headteacher.

		Date
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