



# St Leonards

## C of E Primary School

### Healthy Eating Policy

<b>This policy was written in:</b>	September 2025
<b>To be reviewed:</b>	September 2028
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'A new commandment I give you: love one another. As I have loved you, so you must love one another.'

**John 13:34**

**With God's help, we will be inclusive, independent, inquiring and inspirational.**

- We will be inclusive by loving all and embracing differences so that all are treated with dignity and respect.
- We will be independent by persevering and encouraging everyone to be the best they can be, working together as a nurturing, Christian family.
- We will be inquiring by asking questions so that we grow in mind, body and spirit, learning about God's wondrous, diverse world.
- We will be inspirational by following Jesus' example, making a positive difference in the lives of others through love.

## **Introduction**

At St Leonard's, we recognise the important part a healthy diet plays in a child's well-being and their ability to learn effectively and achieve. We believe that our school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices. This policy covers all food provided and consumed in school including before, during and after school and on school visits and extra-curricular events.

## **Aim**

- To help children develop an understanding of healthy eating.
- To support parents and guardians in providing a healthy packed lunch/snack.
- To increase knowledge and awareness of a healthy diet through workshops and our PSHE and Science curriculum.
- To provide safe, tasty, and nutritious food that promotes health and supports personal development and learning
- To ensure all pupils to have a healthy school meal
- To make healthy eating enjoyable and the norm
- To provide safe, easily accessible water during the school day
- To promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- To be a role model for healthy eating
- To use a range of opportunities to promote healthy eating
- To ensure consistent messages regarding healthy eating are reinforced throughout the school day.

## **Why do children need to eat well?**

- What children eat today shapes how they'll eat for the rest of their lives.
- Too many children aren't getting enough of the right foods to eat – and too little of the foods that help keep them healthy.
- When children eat better, they learn better – they're in better shape to reach their full potential.
- Being able to cook is an essential life skill: it all starts with getting children excited about food.
- Eating good food is one of life's real pleasures: every child should know how it feels to enjoy a tasty meal with people you love.

## **Responsibility**

It is the responsibility of all staff including teaching, support staff and catering staff to implement the healthy eating policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices:

- Senior Members of staff lead on the development and monitoring of Health Education and its implementation and liaise with the lunchtime meals supervisor, cook, kitchen staff and food contractor.
- The subject leaders of PSHE, PE and DT are jointly responsible for what is taught about healthy eating and practical food education in the curriculum.

- The lead governor on health and safety ensures the policy is implemented.
- Caterers and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.
- Parents receive the catering menu for the term and this is shared with the children in advance.

### **Curriculum**

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE, PE and DT. We ensure that pupils are taught cooking from Reception up to Year 6, in line with the national curriculum, developing their understanding in food related issues including food hygiene and safety issues.

All food preparation is healthy.

This policy will contribute towards other policies in the following ways:

- Behaviour: Children who eat healthily are more focussed on their work and behaviour is better.
- PSHE: Healthy food and choices and practical food education is included in the curriculum.
- Science: Healthy eating and nutrition is part of the science curriculum.
- DT: How to cook and prepare food safely.
- Equality: We take account of the needs of all our children, including those with disabilities and allergies.

### **School lunches**

All our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standards. The menu is available via the School Office if required. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, we encourage all parents to take free school meals, where there is an entitlement. Jugs of fresh water and milk will be provided over lunch for all children.

### **Packed Lunches**

This applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours. **We are a nut free school as we have several children with nut allergies.**

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools which is in line with The School Food Standards, **the contents of a healthy lunch box should consist of:**

- protein
- carbohydrate
- fruit/vegetables

### **Packed lunches/snacks should not include:**

- Snacks such **nuts or cereal bars that contain nuts**
- Confectionery such as chocolate, sweets and chewing gum
- Fizzy or sugary drinks.

These expectations are monitored by lunchtime staff, who communicate with parents when necessary. In cases of repeated concerns, these are communicated and logged through the school's safeguarding procedures. To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy.

### **Packed Lunch Containers**

Parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles. Foods are at risk of bad bacteria if they are prepared and stored in warm temperatures, so it is advised that an ice pack is included in the food container.

### **Snacks**

All EYFS, Year 1 and Year 2 classes are provided with fruit or vegetables as a snack for their morning break. Milk is provided free for under-fives and is available at cost for those over five in the rest of the school. Please contact the school office for more information.

Key Stage 2 children can bring in fruit (fresh or dried) or vegetables for playtime.

Only healthy snacks are allowed at break time. Fizzy drinks, sweets, crisps, cereal bars containing nuts and biscuits are not allowed at break time. These are not permitted on school trips.

### **Before and After school provision**

Pupils will have access to a healthy range of breakfast and after school foods. Water and milk will be available every day.

### **Water**

During school lunch times, only drinks which comply with the School Food Plan guidelines may be consumed including water and milk. Children should bring in water bottles filled with water only. Any flavoured water or juice will be sent home and instead, children will be provided with fresh drinking water and a cup to use throughout the day. They will be asked to take home their original drink and we will contact parents/carers to remind them of this policy. We have water fountains in both the KS1 and KS2 corridors and children are encouraged to drink water regularly throughout the day.

All water bottles are kept in the classrooms so children have access to a drink when needed.

Children are encouraged to ask for a drink at a time that would not disrupt their own or others learning. Children are allowed to access their water bottles at these times.

If there is a medical reasons where a child must drink regularly, they will be able to access this as and when needed. They do not need water bottles on their desks as it is easily accessible in the

classroom. However, in extremely hot weather this will be permitted so that children can stay hydrated.

Water bottles are taken outside at break and lunch times.

Water bottle should be **no larger than 1 litre in size**. Staff will send a message home to ask for a smaller water bottle to be brought into school. This is due to being able to store and carry all children's water bottles safely.

### **Events and Celebrations**

We want to give children the opportunity to celebrate their birthdays but in order to reduce the amount of high fat, sugar and salt foods children eat, we ask that parents and carers do not to send in birthday cakes or foods that do not comply with our healthy eating policy. If parents want to bring something in to celebrate birthdays, we ask that a 'Birthday Book' is brought in to share with the class.

We have a number of fundraising opportunities throughout the year some of which will include treats.

Staff will avoid confectionery items when purchasing prizes and treats for pupils. However, at Christmas and Easter a small amount of chocolate may be given, e.g. Easter nests. On these occasions, all nutritional information will be shared with parents and it will be at their discretion as to whether the children can eat this or not. This is due to Natasha's Law which states that full ingredient lists and allergen labelling on foods pre-packaged must be shared. Children with special diets, e.g. anaphylactic, diabetics or those with other allergies or intolerances will always be considered.

### **Food tasting – curriculum**

Teachers will send a message to all parents to inform them that food tasting will be taking place in class and with what foods. Teachers will take a photo of the ingredients list and post this on Class Dojo. Teachers will check the allergen list and ensure that all children are able to participate in the lesson. All children will be encouraged to try the foods as part of the learning process.

### **Special diets and allergies**

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers 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.

### **Nut allergies**

We are a **nut free school** but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts in packed lunches or any other food brought into the school and children with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions.

**To ensure the safety of our school community, we will:**

- List all ingredients on the labels of any food that was made on site and packaged prior to being selected.
- Ensure we emphasise any potential allergens present each time they appear in the ingredients list, along with minimising the amount of allergenic ingredients where possible.
- Train all staff to be aware of their responsibility to provide correct allergen information.
- Ensure that staff are trained in allergy awareness and how to respond to an allergy sufferer's questions.
- Coach and assess our staff regularly to be sure they are confident in dealing with allergens.
- Ensure all documentation is revised and conveyed to our staff
- Engage with suppliers and build good relationships to ensure they keep updated on any product or ingredient changes quickly and inform us of them
- Act on all updates or ingredient changes immediately to provide reassurance when buying food.

### **What can you do?**

Although it is not required by law, in order to protect the staff and pupils in our school, we recommend that parents label any food potentially containing allergens that you prepare for school events.

### **Where can you find more information?**

The Food Standards Agency's website: <https://www.food.gov.uk/businessguidance/allergen-guidance-for-foodbusinesses>

<https://www.cypad.com/2021/02/24/schoolsnatashas-law/>

[www.allergywise.org.uk](http://www.allergywise.org.uk)

### **Partnership with Parents and Carers**

As a school we are aware that the primary role in children's healthy eating education lies with parents and carers. However, school has a very important role to play and should lead by example.

We will:

- ♣ Keep parents informed about healthy eating policy.
- ♣ Take seriously and respond to any issues which parents/carers raise with teachers, head or governors about this policy and practice in school.
- ♣ Share with parents/carers information about the best practice known with regard to healthy eating so that they can support the key messages being given to children at school.
- ♣ Encourage parents/carers to consider the Healthy Eating Policy in the range of refreshments offered to the children during out of school events.
- ♣ Remind parents regularly about the desirability of their child/ren having a bottle of fresh water every day and those children in Key Stage 2 having a healthy snack of fresh/dried fruit or vegetables.
- ♣ Ask parents or carers of children who are on special diets for medical or religious reasons, or children with allergies, to provide as much information as possible about suitable foods.

We ask parents and carers not to send food or drinks which conflict with our healthy eating policy and we remind them that only water or milk be consumed during lunch time.

During out of school events such as trips and swimming lessons the school will encourage parents and carers to consider this policy. Parents are also informed of the school meals on offer through the weekly menu which is sent out to each family.

### **Monitoring this policy**

This policy will be monitored through the following:

- ♣ The contents of pupils' lunchboxes will be monitored
- ♣ Seeking the views of parents and governors
- ♣ Discussions with staff, including midday supervisors and catering staff
- ♣ Observations of the dining hall/activity room at lunchtime
- ♣ Observations of break time eating habits
- ♣ Scrutiny of teachers' PSHE lesson plans
- ♣ Discussion with the catering contractor about the food offered