



Healthy Eating Policy

VERSION: May 2025

NEXT REVIEW: May 2027

Aims, purpose and responsibility

Why 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 do 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. <http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/why-kids-need-to-eatwell/>

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events.

Why a policy is needed?

At Donisthorpe we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the 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.

We aim to ensure that healthy food and drink is provided, taking account of individual needs (e.g. cultural, ethical, medial), reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school.

This policy explains

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices

Our approach to improving pupils' health through healthy eating.

We aim to

- Increase knowledge and awareness of a healthy diet through workshops and our PSHE and Science curriculum.
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day
- Promote healthy eating/healthy food choices
- Be a role model for healthy eating
- Encourage healthy choices
- Use a range of opportunities to promote healthy eating

Responsibility:

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to 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:

The subject leaders for PSHE, PE and DT are jointly responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident through our PSHE, DT and planning.

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 menus and they are available on the school website

This school policy takes account of national guidance produced by the School Food Plan, and Change4life.

Food in the curriculum

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

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

Enrichment: Hands on opportunities for children to prepare and cook food within a mixed age social group

Equality: We take account of the needs of all our children, including those with disabilities and allergies

Curriculum assessment

Children's learning about healthy eating is assessed in line with the school's assessment policy through science, PSHE and enrichment.

School lunches

All our school meals cooked on site in accordance with the School Food Standards. A copy of the weekly menu is on the school website, and is sent home, via email. The menu is also 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 encourage pupils to try new foods, we encourage all parents to take free school meals, where there is an entitlement.

Special diets and allergies

These are catered for after detailed discussion with parents

Packed Lunches

Aim

We promote healthy and nutritious food and this extends to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours. We ask the lunches provided from home are balanced and we signpost parents to the School Food Standards. We ask that packed lunches do not include:

- Fizzy, sugary drinks
- Nuts (we are a nut free school)

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 plan. Staff are trained to recognise and manage allergic reactions.

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.

Packed Lunch Containers

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

Snacks

All EYFS, Year 1 and Year 2 classes include a morning break time snack of fruit or vegetables. Milk is provided free for under-fives and is available at cost for those over five in the rest of the school.

As part of promoting healthy eating children are encouraged to eat the fruit and vegetables. Children are given responsibility for passing the fruit to others and for helping to clear it away.

Key Stage 2 children are asked to bring in fruit (fresh or dried) or vegetables for playtime. Only healthy snacks are allowed at break time. Fizzy drinks, sweets, crisps and chocolate biscuits are not allowed.

Partnership with parents and carers

We inform and involve parents and carers about healthy eating through the school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Parents and carers are updated on our policies through school newsletters and on the school website. We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water, low sugar juices or milk be consumed during lunch time.

Events and Celebrations

We want to give children the opportunity to celebrate their birthdays. If parents want to bring something in to celebrate birthdays we ask that children take these items home to enjoy.

We have a number of fundraising opportunities throughout the year and limit cake sales to roughly one per term.

Water for all

During school meal times drinks which comply with the School Food Plan guidelines may be consumed, i.e. water, low sugar fruit juice and milk. Children are encouraged to drink water regularly throughout the day and have water bottles in class. Cooled water is available to staff and visitors in the staff room.

Disseminating the policy

Key information from this policy will be incorporated into the following documents

- School Handbook / Prospectus
- Staff Handbook
- Governor Handbook
- School website

References and further reading

1. School food plan (www.schoolfoodplan.co.uk)
2. Change 4 Life (www.nhs.uk/change4life)