



Wood End Primary School

Healthy Eating Policy

Committee with oversight of this policy	Behaviour, Ethos & Wellbeing
Policy last reviewed	November 2024
Policy due for review	July 2026



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1. Introduction

Wood End Primary is dedicated to providing an environment that ensures the healthy choice, is the easy choice for all children. We promote healthy eating and enable pupils to make informed choices about the food and drink they consume. Through effective leadership and a strong school ethos, we take a whole school approach by bringing all elements of the school day together to support the health and wellbeing of all children. We recognise that we are invaluable role models to pupils and their families regarding food and drink choices and healthy living.

Policy implementation date: 5th November 2024

This policy will be reviewed annually to incorporate any new developments.

3. Food Policy Champions

A successful school food policy uses a whole school approach to formulate a policy that is agreed upon by everyone at the school including staff, caterers, pupils, parents, and governors to ensure it encompasses the overall ethos and environment of the school. To ensure our food policy is an embedded element of our school, it was formulated and written by...



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List staff, governors, caterers, parents, pupils, partners involved in developing the policy.

If you have a student council dedicated to food, or food is regularly on the agenda please include this information here.

4. Policy Aims & Objectives

Our school food policy aims to...

- Ensure that all aspects of food and nutrition promote the health and well-being of pupils, staff, and visitors at our school.

The objectives of our school food policy are to:

- Provide a range of healthy food choices throughout the school day that are in line with the mandatory school food standards.
- Ensure that food provision in the school reflects the cultural and medical requirements of staff and pupils.
- Make the healthy choice, the easy choice.
- Ensure that our caterers uphold high standards and continue to actively consult with relevant stakeholders to improve the food provision.
- Work with students and the catering company to make sure the pupils feel listened to and see their choices in the food on offer.

5. Food & Drink Throughout the School Day

- All staff who serve food across the school day are trained in food safety and hygiene.

5.a. Breakfast Club

- We offer a breakfast club which serves a range of nutritious, **school food standard compliant food (including a range of cereals, toast & fresh fruit)** to support children's health and concentration to ensure they have fuel for learning, play and social interaction.
- **Our breakfast club is run –in-house by school staff whom the children are all familiar with. There are a range of games, toys and table-top activities which the children can participate in. The daily cost is £3.50 per session and must be booked and paid for by midnight the day before.**
- For more information about the breakfast club please see here:
<https://www.woodendprimaryschool.com/breakfast-after-school-club/>

5.2. School Lunches



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- Lunchtime offer: For more menus, timings and costs please see here:
<https://www.woodendprimaryschool.com/school-meals/>
- · **Our school meals are provided by the catering company ISS.**
- · **Our menu is on a 3-week rotation and changes every term.**
- · We try our best to ensure that different years group eat at different times.
- · The school liaises with ISS to ensure a healthy, balanced menu is provided to all the children
- · The food supplied by ISS complies with the school food standards [Appendix 1]. Food Standards Agency
- ·
- Planet friendly meals: [change this to whatever is most suitable e.g. planet earth day, climate friendly day etc]
- Schools are a great place to encourage students to eat in a more environmentally friendly way, many schools/caterers have adopted at least one day a week where they do not serve any meat.
- ·
- · Do you provide daily planet-friendly options [catering for vegans, vegetarians, non-meat, and other non-dairy requirements]?
- · How many days is the menu fully plant based?
- · Why have you chosen to have [a] meat free day[s]?
- · How do you encourage children to eat in a more sustainable way and take up the planet friendly option?
- · How does this link to other sustainable activities going on in the school? E.g., eco-school/committee.
- ·
- Desserts:
- To ensure balance within our lunch offering, we offer a range of nutritious dessert options. This includes days where we serve fresh fruit and yoghurt, cheese, and crackers or a 50% fruit-based dessert.
- · Why is this policy important for the school and students?
- · How many days/which days do you serve fruit, yoghurt or cheese and crackers?
- · How many days/which days do you serve a more traditional fruit-based dessert?
- ·
- Dining environment:
- · Have the children named their dining area, if so, what is it?
- · How do you expect the pupils to behave at lunchtime?
- · How do you encourage development of social skills at lunchtime?
- · Are staff encouraged to eat their lunch with pupils?
- · Does your school review the dining environment to ensure it is fit for purpose?
- · Who is responsible for lunchtime supervision and how is this managed?



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- Do you provide additional support for SEND children at lunchtime?
-
- Feedback and consultation:
 - Are students are consulted on the menus and the dining room environment?
 - How do you ensure their voices are heard?
 - How/where can parents' feedback about the school lunches?
 -
- Free School Meals:
 - **All children at Wood End Primary School in Reception, Year 1 and Year 2 are entitled to a free school meal under the government's Universal Free School Meal Scheme. The school encourages all parents to make use of this service. However, parents and carers of pupils wishing to have a packed lunch are expected to provide a packed lunch that conforms to the packed lunch policy.**
 - Do you offer any support to parents/students applying for free school meals?
 - Some local authorities extend this funding to provide wider eligibility for accessing a free school meal, if this is available to your school mention it here.
 - You may also have your own information on subsidies/support for families in certain circumstances or those with no recourse to public funds, it is also worth considering your non-payment policy in this section.

● 5.3. Packed Lunches

- Packed lunches include those brought from home as well as those provided by the school or by parents for trips. The school encourages all parents to make use of free school meals. However, parents and carers of pupils wishing to have a packed lunch are expected to provide a packed lunch that conforms to the packed lunch policy.
- We ask that all packed lunches be based on the School Food Trust's standards and should contain the following:
 - Fruit and vegetables – at least one portion of each
 - Protein – meat, fish, egg or other source of non dairy protein (eg lentils, kidney beans, chickpeas, hummus and dhal)
 - Oily fish – tinned or fresh mackerel, sardines, salmon and fresh tuna
 - Carbohydrate – starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis, pitta
 - Dairy – milk, cheese, yoghurt, fromage frais



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- ● Drinks – water, pure fruit juice (no added sugar), semi skimmed or skimmed milk yoghurt, milk drinks and smoothies.
- Foods to limit – crisps, cakes, chocolates and biscuits. As we limit chips to Fridays for school lunch, a small packet of crisps will only be allowed on Fridays for children who have a packed lunch.
- Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas. These items should be included in packed lunches no more than once each week.
- Packed lunches **MUST** not contain: Fizzy or sugary drinks, confectionery such as chocolate bars and sweets, peanuts and peanut products. Please do not include nuts of any sort in your child's packed lunch box. Some children have severe nut allergies and even sitting next to a child eating nuts may cause an allergic reaction. Some pupils may suffer severe allergic reactions to other foods. Where the school has been made aware of this by parents and carers, photos of the children are given to staff and an auto-injector (epipen) is kept in school. Photos of children with severe allergic reactions are also displayed in the staff room.
- To support parents and carers to closely monitor their child's nutrition, children are not allowed to swap food. Packed lunches will be regularly reviewed by midday supervisors and healthy lunches may be rewarded. If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents/carers to discuss this. Pupils with special diets will be given due consideration with the prior agreement of the headteacher.
- Wherever possible we like pupils to eat the lunch provided by the school. However, parents and carers of pupils wishing to have packed lunches for a particular reason are expected to provide their children with lunches which conform to the packed lunch policy. We appreciate parental support in this – we all want to see healthy children.
- · Do you encourage children to opt for a school meal over a packed lunch? If so, how?
- · How do you encourage packed lunches that reflect the school food standards?
- · How can parents access further information/support on packed lunches?
- · Does the 'planet friendly' day apply to packed lunches?
- · Does the 'dessert' policy apply to packed lunches? [e.g. fruit/yoghurt only on certain days]

● 5.4. Afterschool Club

- We have an afterschool club serving nutritious, tasty, and school food standard compliant food.
-
- Insert more information, suggestions below:
 - · **Our afterschool club provides wrap around support for families at Wood End. At afterschool club, children are given a healthy snack, they can then choose from a range of activities on offer**
 - · **Run in-house by staff members all the children are familiar with.**
 - · Do you allow parents to send in their own snack or allow children to eat from their packed lunch within afterschool club? If so, what is allowed/not allowed?
 - · How do you ensure the food served complies with the school food standards, 'Food other than lunch' [Appendix 1]?
 - · Have children/parents been consulted regarding the menu?
 -



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- For more information about our afterschool club [timings, menu, charges] please see here [insert link to webpage/PDF].

● 5.5. Food Brought In

- **Food brought in covers many different times within the school food environment and covers anything brought in by students, as well as provided by parents or staff. We strive to ensure that food brought into the school complies with school food standards [Appendix 1].**
-
- **KS2 Children are welcome to bring in a healthy fruit snack or raw vegetables for break times. Early Years and KS1 children have a fruit or vegetable snack provided each day by the school.**
-
- **Please do not send in birthday treats for your child to hand out to their class. As a school we are encouraging healthy eating and many chocolates may contain nuts.**
-
- Insert more information, suggestions below:
 - · If not, what are they encouraged to bring in?
 - · What should they not bring in?
 - · What happens if students bring in a snack that is unsuitable?
-
- This applies to the following occasions: [amend as applicable]
 - · Breaktimes
 - · Parents evenings
 - · Sports days/events
 - · School council meetings
 - · Exam or test days/weeks
 - · End of term
 - · School trips
 - · Birthdays [does your school mark this event in a non-food related way to promote equality across students?]
-



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- We also strive to ensure that healthy food and drink options are available at the following school events and celebrations: [amend as applicable]
- · Fundraising events
- · Seasonal celebrations [Christmas, Easter, Eid etc.]
- · Summer and winter fair
- · International events/Cultural week
- · Charity weeks: E.g., Macmillan coffee morning

● 5.6. Water Only

- We are a water only school [if your school is not water only this section can be used to discuss how you promote the consumption of water]. **The school will ensure that fresh drinking water is always readily available.**
- · Why has your school chosen to be water only? [or is this a policy set by the local authority?]
- · Does the water only policy apply across the whole school day? [in clubs etc]
- · Does the water only policy apply packed lunches?
- · How are the school promoting water consumption? E.g. water fountains, jugs on tables, easy access to free water throughout the day etc.
- · Does this apply to the staff in the school? Are they positive role models encouraging children to drink water?
- · If required for a medical condition, how will the school ensure the needs of these children are met? E.g. diabetic children.

● 5.7. Reward Culture

- Studies have shown that rewarding with food can have a negative impact on a student's relationship with food. It can increase preferences for sweets, lead to overconsumption, teach students to eat when they are not hungry, and contribute to problematic thoughts and behaviours for those who are predisposed to disordered eating.
- Use this space to talk about what other systems your school uses to reward that do not involve food.
- · Do you use food to reward pupils?
- · If no, what do you use as alternative rewards?
- · Do you consult with pupils/parents to decide on rewards?
- · Amongst staff, how do you reward your teams/colleagues? If food, where is this allowed to be eaten? [some schools restrict this to the staff room]



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- Example:
- Studies have shown that rewarding with food can have a negative impact on a student's relationship with food. It can increase preferences for sweets, lead to overconsumption, teach students to eat when they are not hungry, and contribute to problematic thoughts and behaviours for those who are predisposed to disordered eating.
- Taking this into consideration, our school avoids using food as a reward and asks staff to follow this policy. As alternative we use a positive praise system where students receive postcards, additional trips, and gift vouchers. This was decided after a consultation with the student council. We are currently exploring ways to reward staff, and when food is provided as a reward this is to be only consumed in the staff room areas and not in student facing environments.

● 6. Allergies & Special Diets

- When talking about allergies and special diets, we are inclusive of all allergies, intolerances, cultural and religious diets as well as medical requirements such as diabetes or blended diets.
- · How do you manage allergies, intolerances, and special diets in your school community?
- · Do staff receive any training around allergy management?
- · Do staff receive any training around other special diets (e.g. diabetes, blended diets, tube feeding)?
- · Do children learn about allergies and special diets in school?
- · Who should parents contact to discuss this in more detail?

● 7. Food Education

- Cooking and Nutrition is a compulsory subject within the Primary Design & Technology curriculum [Appendix 3]. We teach this at an appropriate level throughout each key stage. There are opportunities for pupils to develop knowledge and understanding of health, including healthy eating, food provenance as well as practical skills such as designing, preparing, and cooking predominantly savoury food.
- · How do you ensure that you are following the curriculum?
- · How do you use different areas of your curriculum to teach students about food and health? [e.g. PSHE, Science etc]
- · Do you run any other projects linked to this subject?
- · Does your school have a garden or cooking area? How do these link to food education?

● 8. Equal Opportunities



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- We recognise the importance of all pupils, staff and visitors having equal access to inclusive opportunities. We want to ensure that everyone is catered for and feels valued when food and drink is provided in school, and across all aspects of food education.
- Here are some example bullet points you could use:
 - · We practise vigilance, noting and acting if we see signs that any student is not eating well/is not well-nourished.
 - · We ensure that the food offer is affordable and, where free offering of food is available, that this is accessed by those who need it, with no stigma attached.
 - · We ensure that the food offer considers the diverse ethnic, cultural and religious backgrounds of our students and the varying medical / dietary needs some may have.
 - · We ensure students and staff who are fasting are supported, allowing all to flourish spiritually and academically.
 - · We check that events involving food are not exclusive culturally or economically.
 - · We ensure Pastoral and Safeguarding staff know the signs of disordered eating and can signpost students and their families to help.

● 9. Staff & Visitors Expectations

- All adults, including staff and external visitors, influence pupils' knowledge, skills and attitudes towards food and drink. Therefore, it is important that they have a positive attitude and are healthy role models. At every opportunity they should promote healthy choices and reflect our philosophy and approach to food and nutrition.
- · Do you ask staff/visitors to only eat/drink certain foods and drinks in front of the students?
- · Does this apply across the whole school area or just in pupil facing circumstances?
- · What drinks are staff/visitors allowed to drink within the classroom environment?

● 10. Monitoring & Evaluation

- At each review point, we will identify any areas of improvement to ensure that we maintain a balanced and wholesome approach to food & drink in our school. We will consider take up of school food, student/parent feedback and our ever-changing student population during each review.
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- We recommend you review this policy annually.
-
- Next review date:
-
- Signed:



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- **Appendix 4**
- School Food Policy Legacy Plan
- This legacy plan has been created to ensure that the policy work remains impactful. All resources mentioned are available in the Healthy Zones Legacy Plan folder. [Kathy d'A1]
- Students Feedback and Recap
- Aim: To ensure that new and existing students are aware of what the food policy means for them.
- **Staff Lead:**
- Responsibilities for lead:
 - · Allocate a new student food group each year.
 - · Liaise with the catering lead to organise termly meetings between the students and the caterer to provide feedback on school food (guidance available in Healthy Zones Legacy Pack). The student lead should also endeavour to host additional meetings with the student food group to discuss any feedback on areas outside of lunch e.g. food brought in or breakfast club.
 - · Schedule a school food assembly each year to remind students on what the policy includes.
- Staff Feedback and Recap
- Aim: To ensure that new and existing staff are aware of their responsibility as school food role models.
- **Staff lead:**
- Responsibilities for leads:
 - · Ensure that all new staff have a copy of the policy one-pager and encouraged to complete BEAT SPOT training.
 - · Ensure that all staff are briefed on a termly basis about their responsibility to educate and inform students about healthy food choices.
 - · Encourage staff to eat in the school canteen and remind staff of their responsibility to act as food role models to students (refer to 'How to talk to students about food' document in in the Healthy Zones Legacy Pack).
- Parent Feedback and Recap
- Aim: To ensure that parents/guardians are informed about the school food policy and ways that they can support their child in making healthy food choices.
- **Staff leads:**
- Responsibilities for lead:



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- · Liase with the parent co-ordinator to ensure that parents are informed about what the school food policy means for them.
- · Host an annual parent meeting to share feedback on school food.
- · Share relevant information (e.g. packed lunch guidance) with the new and existing parent community.
- Policy Review
- Aim: To ensure that the policy document is updated with any staff changes/policy decisions.
- **Staff lead:**
- · Update staff responsibilities and training list.
- · Review the policy document each year to ensure that it remains an accurate reflection of school food.
- · Ensure the website provides up to date information about the school food policy.
- · Ensure that governors are informed about any updates/changes to the school food policy and catering provision.
-
- Catering Review
- Aim: Support existing work to ensure that the caterer is consistently meeting KPIs and that the quality/nutritional standard of the food served meets what is set out in both the catering contract and the school food policy.
- **Staff lead:**
- · Liase with the student lead to arrange termly feedback meetings between the students and the caterer.
- · Send out an annual student and staff survey to collect whole-school feedback on the food served at break and lunchtime. Share the results with the kitchen team.
- · Complete random termly School Food Standard compliance checks and report the findings back to SLT and the caterer.
- · Be the main point of contact for any additional feedback/comments about school food from students, staff or parents.
- · Ensure that the governors are informed about any updates/changes to the school food policy and catering provision.
-
- _____
- [Kathy d'A1]PO will need to create legacy pack to send to school's at the end of the project.
-