



Wood End Primary School

Healthy Eating Policy

Committee with oversight of this policy	Curriculum & Standards
Policy last reviewed	July 2026
Policy due for review	July 2028



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Policy Details

- **Oversight Committee:** Curriculum & Standards
- **Implementation Date:** 5th November 2024
- **Last Reviewed:** July 2026
- **Due for Review:** July 2028

1. Introduction

Wood End Primary School is dedicated to providing an environment that ensures the healthy choice is the easy choice for all children. The school promotes healthy eating and enables pupils to make informed choices about the food and drink they consume. Through effective leadership and a strong school ethos, a whole-school approach brings together all elements of the day to support pupil health and wellbeing. Staff serve as invaluable role models regarding food, drink, and healthy living. This policy is reviewed annually to incorporate new developments.

2. Food Policy Champions

A whole-school approach was used to formulate and sustain this policy to ensure it encompasses the overall ethos and environment of the school. The policy was written and is maintained collaboratively by:

- Staff
- Governors
- Caterers
- Parents
- Pupils

3. Policy Aims & Objectives

The overarching aim of this policy is to ensure that all aspects of food and nutrition promote the health and well-being of pupils, staff, and visitors.

Key Objectives:

- Provide a range of healthy food choices throughout the school day that comply with mandatory school food standards.
- Ensure food provision reflects the cultural, religious, and medical requirements of staff and pupils.
- Make the healthy choice the easy choice.
- Ensure caterers uphold high standards and actively consult with stakeholders to continuously improve food provision.
- Work with students and catering staff so pupils feel listened to and see their choices reflected in the menu.

4. Food & Drink Throughout the School Day

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

4.a. Breakfast Club

- Run in-house by familiar school staff to support children's health, concentration, and fuel for learning, play, and social interaction.
- Serves a range of nutritious, standard-compliant food, including cereals, toast, and fresh fruit.
- Includes games, toys, and table-top activities.



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- Cost is £5 per session, which must be booked and paid for by midnight on the preceding day.

4.b. School Lunches

- Provided by ISS Catering on a 3-week rotation menu that changes each term.
- Year groups eat at staggered times to ensure a smooth dining environment.
- All food provided by ISS complies strictly with national School Food Standards.
- **Planet-Friendly Options:** Daily plant-based, vegetarian, and dairy-free options are provided, along with dedicated meat-free days to promote environmental sustainability.
- **Dessert Provision:** Includes balanced options such as fresh fruit, yoghurt, cheese and crackers, or 50% fruit-based desserts.
- **Dining Environment & Supervision:** Lunchtime supervision is managed by staff and midday supervisors who promote positive social skills and dining etiquette. Dedicated support is provided for pupils with Special Educational Needs and Disabilities (SEND).
- **Feedback:** Pupils and parents are consulted through regular feedback meetings and surveys to ensure student choices are incorporated into the menu.
- **Free School Meals (FSM):** Currently all children receive a free meal through the Mayor of London scheme. The school offers support and guidance to assist eligible families in applying for FSM and subsidies.

4.c. Packed Lunches Packed lunches (for school, trips, or home-provided) must conform to School Food Trust standards:

- **Must Contain:** At least one portion of fruit and vegetables; protein (meat, fish, egg, or non-dairy sources like lentils, hummus, chickpeas); oily fish (mackerel, sardines, salmon, tuna); starchy carbohydrates (bread, pasta, rice, potatoes); dairy (milk, cheese, yoghurt); and healthy drinks (water, pure fruit juice without added sugar, skimmed/semi-skimmed milk).
- **Items to Limit:** Crisps (permitted on Fridays only to align with school lunch chip days); processed meats (sausage rolls, pies, chipolatas permitted max once per week); cakes, biscuits, and sweet snacks.
- **Strictly Prohibited:** Fizzy or sugary drinks, confectionery (chocolate bars, sweets), and peanuts or nut products of any kind (due to severe allergic risks).
- **Safety & Monitoring:** Children are not permitted to swap food. Midday supervisors regularly review packed lunches, and non-compliant lunches will result in parental contact. Photos of pupils with severe allergies are displayed in the staff room, and auto-injectors (EpiPens) are kept securely on site.

4.d. Afterschool Club

- Run in-house by familiar school staff to provide wrap-around care.
- Serves nutritious, tasty, and School Food Standard compliant snacks.
- Offers a wide variety of organized activities.
- Cost is £10 per session, which must be booked and paid for by midnight on the preceding day.

4.e. Food Brought In

- **Breaktime Snacks:** Key Stage 2 pupils may bring fruit or raw vegetables. Early Years and Key Stage 1 pupils receive daily fruit or vegetable snacks provided by the school.
- **Birthdays & Special Occasions:** Birthday confectionery or sweet treats are not permitted due to allergy risks and healthy eating promotion. Non-food celebrations are utilized instead.



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- **Events:** Healthy food options are prioritized across breaktimes, parent evenings, sports events, school trips, end-of-term celebrations, and seasonal/charity fairs.

4.f. Water Only Policy

- Wood End Primary is a water-only school. Fresh drinking water is available throughout the day via water fountains and dining tables.
- Applies across the whole school day, including clubs, packed lunches, and staff environments.
- Accommodations are made for medical needs (e.g., pupils with diabetes).

4.g. Reward Culture

- Food is never used as a reward to prevent negative associations or unhealthy dietary behaviors.
- Positive reinforcement systems are used instead, including praise postcards, extra trips, and gift vouchers.
- Staff food rewards are strictly restricted to staff room areas and are not consumed in pupil-facing environments.

5. Allergies & Special Diets

- Inclusive of all medical diets, allergies, intolerances, and religious or cultural dietary requirements.
- Staff receive training on allergy management and special diets (e.g., diabetes, tube feeding, blended diets).
- For pupils with severe allergies, individual action plans, photos, and auto-injectors (EpiPens) are managed by trained staff.

6. Food Education

- Practical cooking and nutrition are taught within the curriculum across all key stages.
- Teaches food provenance, healthy eating, and practical savoury preparation skills.
- Integrated across other curriculum areas including PSHE and Science.

7. Equal Opportunities

- Ensures all pupils, staff, and visitors have equal access to inclusive options.
- Staff maintain vigilance for signs of under-nourishment or disordered eating.
- Free food offerings are accessed without stigma.
- Religious and cultural diets are fully accommodated, including support for pupils and staff during periods of fasting.

8. Staff & Visitor Expectations

- All adults act as positive role models by demonstrating healthy food and drink choices.
- Non-compliant food or drinks must not be consumed in pupil-facing spaces.

9. Monitoring & Evaluation

- Reviewed annually by assessing meal uptake, parent/student feedback, and pupil demographics.
- Areas for improvement are identified to maintain a wholesome approach to school food.

10. Appendix

- **Appendix 1:** [School Food Standards Guidance](#)



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- Appendix 2: [Free School Meals Guidance](#)
- Appendix 3: [National Curriculum - Design & Technology](#)

11. School Food Policy Legacy Plan

Focus Area	Objective	Key Responsibilities & Actions
Student Engagement	Raise awareness and collect feedback	Allocate a student food group; hold termly feedback meetings with caterers; host an annual food policy assembly.
Staff Engagement	Ensure staff act as healthy role models	Issue policy summaries to new staff; complete BEAT SPOT training; hold termly briefings; encourage eating in the canteen.
Parent Engagement	Keep families informed and involved	Liaise with parent co-ordinators; host an annual food feedback meeting; distribute packed lunch guidance.
Policy Review	Maintain accurate policy standards	Update staff training records; conduct annual policy reviews; maintain website updates; brief governors on changes.
Catering Review	Monitor catering standards and compliance	Facilitate student-caterer meetings; run annual school-wide food surveys; complete termly food standard audits.