HERON CROSS PRIMARY SCHOOL

HEALTHY EATING POLICY

Date: November 2026

Review Date: November 2028

AIMS

- Increase knowledge and awareness of a healthy diet through and our PSHE, Science and PE curriculum alongside healthy eating workshops.
- 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 and discouraging unhealthy eating/unhealthy food choices.
- Be a role model for healthy eating.
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day.

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 and PE and enrichment. We ensure that pupils are taught about types of food, balanced meals and introduce 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. Throughout the teaching of food in Design and Technology, The Eatwell Guide is used as a valuable visual tool for teaching healthy eating within the curriculum. It illustrates the proportions of different food groups needed to maintain a healthy, balanced diet and can be integrated into lessons to promote understanding of nutritious eating habits.

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

Behaviour: Children who eat healthily are more focused 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.

PE: Provide opportunities for pupils to become confident in a way which supports their health and fitness.

Enrichment: Hands on opportunities for children to prepare and handle food within a social group.

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 our onsite catering team, who act in accordance with the School Food Standards. A copy of the 3-weekly menu is on display on the school website, and is sent home, via Class Dojo. The menu is also available via the school office if required. The dining area has a 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.

PACKED LUNCHES

Packed lunches should not include:

• Excessive amounts of snacks such as crisps. Instead, vegetables and fruit are promoted.

• Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum.

• Fizzy or sugary drinks.

These expectations are monitored by school staff, who communicate with parents when necessary. In cases of repeated concerns, these are communicated and logged through the school's safeguarding procedures.

ALLERGIES

The school acknowledges that some pupils may require special diets that may not fully align with the established standards. In such cases, parents and carers are encouraged to ensure that packed lunches are as nutritious as possible. To support this, pupils are not permitted to swap food items or bring nuts into the school premises.

Parents are also asked to avoid including nut-containing products in packed lunches or any other food brought to school. Pupils with nut and/or peanut allergies have individual management plans in place, and staff are trained to recognise and manage allergic reactions effectively.

SNACKS

All FS, Year 1, and Year 2 classes have a morning snack time, where pupils are provided with fruit or vegetables. Milk is available free of charge for those under five. To promote healthy eating, pupils are encouraged to enjoy the fruit and vegetables offered. They are also given the responsibility of distributing the fruit to their peers and helping to tidy up afterward.

Key Stage 2 pupils are asked to bring healthy snacks, such as fresh or dried fruit, vegetables, yogurts, or similar items, for playtime. Only healthy snacks are permitted during break time. Positive snack choices are rewarded with Class Dojo points and recognition of good decisions. Snacks deemed unsuitable are returned to pupils' bags and sent home.

BREAKFAST & AFER SCHOOL CARE CLUB

Our breakfast club provides a calm, clean, and welcoming environment where pupils can enjoy a healthy breakfast and socialize with their peers. The food offered is varied and balanced, adhering to the guidelines recommended by the *Balance of Good Health* (Food Standards Agency, 2001):

1. A generous portion of starchy foods, such as lower salt/sugar breakfast cereals, bread, toast, fruit buns, or bagels.
2. Fruit and vegetable options, including orange juice, fresh fruit, or dried fruit.
3. A portion of milk or dairy products, such as semi-skimmed milk on cereals or low-fat yogurt.
4. A selection of drinks, including water, juice, and semi-skimmed milk.

Special Diets and Allergies
Special dietary requirements and allergies are accommodated following detailed discussions with parents.

WATER FOR ALL

During school meal times, only drinks that comply with the School Food Plan guidelines are permitted, including water, low-sugar fruit juice, and milk. If pupils bring in sugary drinks, they will be asked to take them home, and we will speak with parents and carers to remind them of the school’s food policy.

Water fountains are available and pupils are encouraged to drink water regularly throughout the day and keep water bottles in class. Cooled water is also provided for staff and visitors in the staff room.