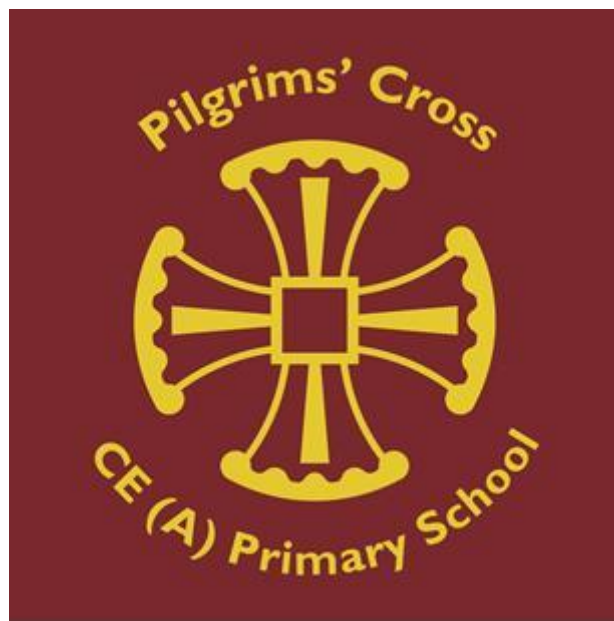


*Learning, to make a difference,
in God's world*

Pilgrims' Cross CE Aided Primary School



Food & Healthy Eating Policy 2025-2026

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|-------------|--------------------------------------|---------------|----------|
| Reviewed By | Head Teacher & Chair of Governors | Authorised By | FGB |
| Last Review | March 2026 | Review Cycle | Annually |

Revision Record

| Revision No. | Date Issued | Prepared By | Approved | Comments |
|--------------|-------------|-------------|----------|------------|
| 1 | March 2026 | JC | FGB | New policy |

Food & Healthy Eating Policy

Introduction

At Pilgrims' Cross CE Primary School, we are committed to giving our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This will be achieved by the whole-school approach to food provision and food education documented in this policy. This policy is one of several that support children's personal, social and health development:

RSE & PSHE Policy

Breakfast Club Policy

Drugs Policy

This policy aims to inform a balanced approach towards food in school. It recognises the importance of healthy packed lunches and snacks, whilst also acknowledging the need for variety, and the consumption of foods that will stimulate and support us with our learning and personal development. How our children are fuelled has a big impact upon their level of concentration, as well as their capacity to make good choices and achieve their maximum potential.

As a school, we want to partner with parents/carers and the wider community to foster and establish healthy food choices for life, so that our pupils can become the *positive role-models* that we aspire them to be.

Aims and Objectives

- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To empower our pupils with the knowledge and skills they need to make healthy choices
- To provide clarity around whole-school approaches

Procedures and Practice

Nut-Free School

Nuts and nut products (including Nutella) are not permitted in school as there are children in our school who are severely allergic to nuts. Should your child be found with a product containing nuts then we will keep this safe, provide them with an alternative snack or lunch, and return the food item to the parent/carer at the end of the school day. This policy helps to keep our children safe.

Snacks

All foundation stage and KS1 children are given a morning break-time snack of either fruit or raw vegetables and so do not need to bring morning snacks into school themselves, although they may if they wish.

Fresh semi-skimmed milk is provided without charge every morning break to children aged 4 and is available to purchase for children aged 5 and over.

Children in KS2 may bring a healthy break-time snack from home, i.e. fruit, vegetables, cheese, yoghurt tube or a cereal bar. Crisps, chocolate and biscuits are *not* suitable as break-time snacks at school.

Children will be asked to put their lunchbox on the trolleys at the start of the day and will not have access to them until lunchtime. Snacks must be placed in the snack tray in the classroom at the start of the day.

Promoted Fruit at Break – KS2

As part of our health promotion, we encourage children who do not have a breaktime snack provided by parents/carers to take a piece of fruit, if there is some left over from the allocated KS1 fruit. The aim of this is to promote a healthy and balanced diet and provide our children with an opportunity in the day to positively refuel, as this has a very positive impact upon their capacity to learn and make positive choices.

School Dinners and Packed Lunches

School dinners are prepared on-site. They are prepared every day by Chartwells. Three hot options are provided every day, a vegetarian and non-vegetarian choice as well as a jacket potato. Meals are nutritionally balanced, providing part of a child's daily recommended calorie intake. Ingredients for school dinners are carefully sourced with many organic and/or locally sourced items, where possible.

Children with allergies or intolerances are catered for by Chartwells with specific menus- this is done through contact with Chartwells directly.

School dinners are planned on a 2- or 3-week cycle and are carefully considered by the Chartwells staff. The menu can be found on the Chartwells website- <https://www.chartwells.co.uk/primaries/seasonal-menus/>

Many children bring a packed lunch to school. This policy aims to support children to have a balanced lunch and best prepare them for learning in the afternoon.

We take our guidance on packed lunches from the Change4Life resource provided by the NHS. This makes reference to lots of healthy suggestions with regard to children's lunch boxes and provides further information on how to provide your child with a healthy and balanced diet. This also provides some very helpful advice on how you can make 'swaps' in your child's diet, which in turn may help you to find a healthier balance. Further information can be found at: <https://www.nhs.uk/change4life> . Additionally, and as above, Healthier lunchbox recipes from the NHS can be found here: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Some examples of what packed lunches should aim to include are:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit or vegetables or salad
- Dairy food such as cheese or yogurt
- Meat, fish, or another source of protein such as eggs, beans, pulses, hummus, falafel

Packed lunches must not include:

- Sweets
- Fizzy drinks, isotonic energy drinks (e.g. Lucozade Sport) or drinks in glass containers

Packed lunches should contain a balance – crisps and chocolate bars should be limited to a suggested maximum of one of each per day.

Water for All

Water bottles are brought from home. They can be taken home and washed daily. Water is freely available throughout the school day to all members of the school community via taps in classrooms and the staffroom. **Water bottles should only contain water; other drinks are not permitted.** The consumption of water is regularly encouraged throughout the school day. **Should there be a medically-defined reason as to why a child may need an alternative drink, then clarification will be sought from parents and medical practitioners.**

Birthdays

We do not allow cakes, chocolate or sweets to be brought in from home for the whole class to share for individual birthdays. **To make the day special, however, we allow children to wear non-uniform on their birthday (or the next day after the weekend, if it falls on a Saturday or Sunday)!**

Rewards and Celebrations

Cakes, biscuits, chocolate and sweets will not be used as presents, prizes or rewards as part of the usual school day. The once-a-year Home Learning Challenge, however, offers pizza as the reward for the class with the highest total of Home Learning Challenge Points. For parties, celebrations or themed days in school, where parents/carers have been informed, these treats can be part of the food provision, however. Parents are then able to make informed decisions about the foods they may allow their children after school.

Food and Healthy Eating Policy in Action Across the Curriculum

There are a wide range of opportunities for children in all age groups to develop knowledge and understanding of health, including healthy eating patterns and preparing and cooking food as part of the national curriculum.

English provides children with the chance to explore poetry, cultural stories and a variety of other genres of writing with food and food-related issues as a stimulus from across the world. Here, for example, children can consider the influence of climate and culture upon diet.

Maths offers many possibilities for weighing and measuring, calculating quantities for recipes and developing understanding of the nutrition labelling on foods. This helps to teach children about nutritional scores and values, and how to interpret this information of different food types.

Gardening is a great way to learn about how our food can be grown, and what is involved in the process. Children see processes come to fruition and grow a greater appreciation for fresh produce and what this means vs. say processed.

Science as above, provides children with the opportunity to learn about different types of foods, their nutritional composition and how to create a balanced diet.

ICT affords children the opportunity to research food issues using the internet. Children may also use a range of software to design posters, packaging and adverts for healthy food, or to highlight the risks of living an unhealthy lifestyle.

Food Technology is part of Design Technology and allows children to have practical experiences of preparing and cooking food and learning about where food comes from and how to do this safely.

PHSE helps children to learn about how to live a life that is physically, mentally and emotionally healthy. This includes considering diet, exercise, prescribed medicines and drug and substance misuse.

Geography provides a focus on the natural world, changing environments and sustainability. Children can consider the impact our consumer choices have on people who rely on growing food as their source of income (Fair Trade), as well as issues such as the carbon footprint inflicted by transporting food all over the world.

History gives us an insight into how food and diets have changed over time and how our health and lifespans have been altered as a result.

PE provides pupils with the chance to develop physically and to understand the practical impact of healthy eating on sporting activities as well as daily life.

Fruit Breaks and Snacking support the children in understanding and reflecting upon the fuel that they put into their bodies.

Governance and Review

This policy will be adapted and reviewed as required, and as a minimum, every two years. Should there be changing needs or dietary requirements that need a whole school response then the school's approach will be tailored appropriately to ensure the safety and wellbeing of all involved (e.g. allergies).