



Healthy Eating Policy 2026-2029

APPROVED AND ADOPTED

Policy Author: Headteacher

Approved by: FGB

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Hatch Warren Junior School

Healthy Eating Policy

Rationale:

This policy has been formulated to ensure that all aspects of food and nutrition in school promote the health and wellbeing of staff, pupils and visitors. We understand that knowledge and understanding of nutrition is essential for good health and effective teaching and learning. Aside from the obvious physical benefits to be gained, we recognise there is a connection between a healthy, balanced diet and a child's ability to learn and play effectively to achieve their full potential. This policy will be reviewed every three years or earlier if there are significant changes in school.

Aims:

- To ensure that all aspects of food and drink in school promote the health and well-being of pupils, staff and visitors to our school.
- To educate pupils, staff and parents and make them aware of the need for a healthy lifestyle and enable them to make informed choices in their lives.
- To ensure that any children who have food allergies are catered for in school and do not miss out on any educational opportunities as a result of their allergies.

Objectives:

- To have a consistent approach to healthy eating and thus give our pupils the confidence, skills and understanding to make healthy food and drink choices, particularly as they grow up and start making choices for themselves.
- To encourage pupils to eat at least one portion of fruit or vegetable each day while in school
- Provide appropriate choices of school meals so that pupils receive a balanced meal.
- Encourage parents to provide pupils with healthy lunchboxes that do not include sweets and sugary drinks. Waste and uneaten food will be taken home in the lunchbox so that parents know what has/has not been eaten.
- Provide information to parents about healthy eating on a regular basis and in a variety of ways. Reinforce parental knowledge about the components of a balanced diet
- Maintain the health of pupils, their families and staff by providing information guidance on healthy eating and food issues as appropriate including promoting awareness of the 5 a day campaign
- Recognise the value of free school meals for low income families and promote this fact to parents and provide them with the relevant information.
- Promote the drinking of water by encouraging all pupils to have water bottles in the classroom, having regular water breaks during the day and by providing drinking water in the classrooms.
- Work in partnership with CHARTWELLS to ensure that standards in nutrition are met and that they provide attractive, value for money meals that are appropriate to the pupils needs.

- Provide a pleasant and sociable dining experience that will enhance the social development of our pupils.
- To take into account individual needs; cultural, ethical and medical.
- To ensure health and safety guidelines are considered in food preparation and pupils are taught basic rules of food hygiene.
- To ensure that pupils have opportunities to learn about healthy eating and different types of food in the context of a balanced diet in Science, Design Technology, RADE (Rights and Diversity Education) and PSHE (Personal, Social, Health and Economic)

FOOD POLICY GUIDELINES

Break time snacks

Children are encouraged to bring in a piece of fruit or vegetable from home that can be eaten at playtime. This builds upon the practice of the infant school where children are provided with a piece of fruit or vegetable on a daily basis as part of a government scheme.

School Meals

Our school dinners are provided by CHARTWELLS and are cooked on site. They provide a balanced choice and each child is able to choose between a meat based dish and a vegetarian dish. Children who have specific allergies are provided with an individualised menu from which they can choose each day. We consider lunchtime to be a valuable time for social training, when children learn to share a meal and to enjoy a variety of foods.

(See Appendix 1 – Working with the School's Caterers).

Free School Meals

Every child who has a right to a free school meal should be able to have one. If a parent is receiving financial support from the government their children may be entitled to free school meals. A list of the benefits that apply can be found on the school meals section of the [school website](#). Parents can apply on-line and a link is available on the website or via the [link here](#).

Healthy Lunchboxes

Children may wish to bring their own packed lunch instead of eating a school cooked meal. These meals should be sent in sturdy, clearly named containers. Parents are encouraged to send the amount of food they expect their child to eat, so that the lunchtime supervisory assistants can encourage the children to eat what they have been given. Parents are encouraged to provide children with a healthy lunchbox through newsletters. If parents are regularly not providing children with a healthy meal at lunchtime, the school may contact parents to discuss how the family can be supported to do this.

Packets of sweets or bars of chocolate are not allowed. Drinks should be in an unbreakable container with a close fitting lid. Glass bottles are not allowed and the bringing of fizzy drinks is also not permitted. Water and cups are available, but plates are not, and it is therefore suggested that a piece of kitchen roll be included as a place mat. Parents are asked not to include packets of nuts or peanut butter in lunches as children with peanut allergy are on roll. In the event that a child on the school roll suffers from a different severe allergy to a particular food stuffs,

the school may request that these food stuff also not be bought into school by all children.

The dining environment:

The school believes that pupils deserve a welcoming and positive dining environment in which to eat and socialise. During the autumn and spring terms the children will either eat in the hall or in the classrooms. In the summer month pupils who bring in packed lunches are able to experience the outside environment and picnic on the circular playground if the weather permits.

Lunchtime supervision:

The Lunchtime staff take their responsibilities seriously and endeavour to ensure that children have eaten an adequate amount to sustain them through the remainder of the school day.

Lunchtime staff check lunches and encourage children to eat more where possible. If a child is seen to be leaving food on a regular basis and lunchtime staff are concerned that a trend is developing, the lunchtime supervisor will report any concerns to the deputy head / headteacher. The deputy head / headteacher, in turn, will discuss these concerns with the FSW (Family support worker) who will contact the child's parents to ensure the well-being of the child is not compromised. This approach is intended to assist the early identification of a potential development of an eating disorder.

Water bottles:

All pupils are encouraged to bring in a re-usable plastic drinking bottle each day for which they are responsible. Drinking plenty of water has been found to improve concentration and behaviour and therefore the pupils will be able to access their water on a regular basis throughout the day. The pupils are encouraged to drink plenty of water especially after physical activity. Water bottles can be refilled in classrooms once they are empty. No child on FSM will be excluded from obtaining a water bottle. The school will ensure we have a stock of water bottles to hand out to such children if necessary.

Food in the curriculum:

The school curriculum can be used to enrich the pupils understanding and experience of healthy food and what constitutes a healthy balanced diet. Food education will link to the curriculum areas, science, design and technology, RADE and PSHE. As part of the curriculum the pupils will learn what constitutes a healthy balanced diet and how food is produced. Cooking activities will involve discussing healthy balanced diets and will use appropriate foods.

Health and safety:

Children will be taught the importance of food hygiene, including thorough hand washing, during any lessons involving practical experience in the production of food. Prior to the commencement of any practical lessons involving food, parents will receive a FORMS informing them that this type of lesson is to take place, the date of the lesson, purpose and what will be involved including a list of ingredients to be used. Parents will be asked to notify the school if their child is allergic (or is suspected of being allergic) to any of the ingredients to be used. The school will be mindful of religious practices when selecting ingredients that are to be used in

cooking activities. Parents can choose that their child opt out of tasting the food produced and although children will be encouraged to try new foods, they will never be forced by staff to eat food they do not like.

Rewards and gifts:

- Sweets or chocolate will not be used as a regular feature of any reward system in school.
- Sweets and confectionery will not be distributed within class to celebrate birthdays and should not be provided by parents for other children on the school site.

Appendix 1 – working with the school’s caterers

School dinners are provided by **CHARTWELLS**. All meals provided meet the Government’s Minimum Nutritional Guidelines. **CHARTWELLS** are passionate about feeding children well and spend a lot of time working on the menus and ensuring the balance is right. They ensure:

<p>Fruits and vegetables</p> <p>- these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice)</p>	<p>Not less than two portions per day per child, at least one of which should be salad or vegetables, and at least one of which should be fresh fruit, fruit tinned in juice or fruit salad (fresh or tinned in juice)</p> <p>A fruit-based dessert shall be available at least twice per week in primary schools</p>
<p>Meat, fish and other non-dairy sources of protein</p> <p>–these include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; pulses; and beans (other than green beans)</p>	<p>A food from this group should be available on a daily basis</p> <p>Red meat shall be available twice per week in primary schools</p> <p>Fish shall be available once per week in primary schools. Of that fish, oily fish shall be available at least once every three weeks. For the purposes of lunches for registered pupils at primary schools, sources of protein in this group can include dairy sources of protein</p>
<p>Manufactured meat products</p>	<p>Manufactured meat products may be served occasionally as part of school lunches, provided that they:</p> <ul style="list-style-type: none"> * meet the legal minimum meat content levels set out in the Meat Products (England) Regulations 2003. Products not specifically covered by these legal minima * must meet the same minimum meat content levels prescribed for burgers * are not "economy burgers" as described in the Meat Products (England) Regulations 2003; and * contain none of the following list of offal, except that mammalian large or small intestine may be used as a sausage skin (including chipolatas, frankfurters, salami, links and similar products): Brains, lungs, rectum, stomach, feet, oesophagus, spinal cord, testicles, large intestine, small intestine, spleen, udder.

Starchy foods (also see additional requirement on deep frying below) - these include all bread (e.g. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal	<p>A food from this group should be available on a daily basis</p> <p>Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week</p> <p>On every day that a fat or oil is used in the cooking process of starchy foods, a starchy food for which fat or oil is not used in the cooking process should also be available</p> <p>In addition, bread should be available on a daily basis</p>
Deep fried products	Meals should not contain more than two deep fried products in a single week. This includes products which are deep-fried in the manufacturing process.
Milk and dairy foods -includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard	A food from this group should be available on a daily basis.
Drinks	<p>The only drinks available should be:</p> <ul style="list-style-type: none"> * plain water (still or fizzy); *milk (skimmed or semi-skimmed); * pure fruit juices; * yoghurt or milk drinks (with less than 5% added sugar); <p>NB - Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk</p>
Water	There should be easy access to free, fresh drinking water.
Salt and condiments	Table salt should not be made available. If made available, condiments should be available only in sachets.
Confectionery and savoury snacks	Confectionery, chocolate and chocolate-coated products (excluding cocoa powder used in chocolate cakes, or low calorie hot drinking chocolate) shall not be available throughout the lunch time.

The school dinners are separated into meat and vegetarian options and all pupils are able to decide and receive their choice of meal. **Apart from on Mondays when two vegetarians options are offered.**

