

## **Policy & Procedure**



# **Healthy Eating Policy 2025 v1**

This policy is reviewed as required and was agreed by the Governing Body of Newcroft Primary Academy on 18<sup>th</sup> May 2025.

Signed: Chair of Governors

Date: 18<sup>th</sup> May 2025

## **Non-Statutory Policy**

## **Introduction**

Newcroft Primary Academy is dedicated to providing an environment that promotes healthy eating and a balanced diet, enabling pupils to make informed choices about the food they eat. This will be achieved by a whole school approach to food and nutrition; encouraged through the curriculum and with the support of parents.

## **Aims**

- To encourage children to have a healthy relationship with food, which may help to prevent potential eating disorders in the future.
- To encourage a view that 'everything in moderation' is also part of healthy choices.
- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To provide and encourage healthy food choices through the school day.
- To promote a balanced approach to healthy eating which includes both education/encouragement of healthy choices whilst allowing some flexibility for 'treats' to be brought into school and provided by school.

## **These aims will be addressed through the following strategies:**

1. Equal opportunities: as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.
2. Curriculum: Food and nutrition is taught at an appropriate level throughout each key stage as part of the healthy lifestyle choices teaching and learning.
3. Effective teaching methods which develop understanding and skills to assist pupils in making informed choices.
4. Staff, Catering Staff and the School Nurse influencing and promoting healthy choices through leading by example, offering a balanced menu and sharing expertise and knowledge (as appropriate).
5. The selection of resources appropriate for the age and stage of pupils which will have the most impact and be the most effective in achieving our aims.
6. Sharing best practice and policy with Symphony Learning Trust and other local schools and updating what we do in line with national and local guidance.
7. Listening to the views and opinions of stakeholders and reviewing when appropriate; taking into account the views of the majority of stakeholders.

## **Free Fruit Scheme in Reception and Key Stage 1**

The school encourages pupils to take a fruit snack at break time and to drink water throughout the day. Reception and Key Stage 1 are given free fruit and vegetables as a healthy snack every day.

## **School Meals Provision**

The school encourages parents and carers to take up the offer of a school dinner, cooked on the premises. We use organic and locally sourced ingredients where possible. Food is provided which meets the ethnic, allergenic, vegetarian, religious and medical needs of children and staff.

Children in Reception and Key Stage 1 receive a free lunch as part of the Universal Infant Free School Meals provision. Children who are entitled to Free School Meals are encouraged to take up a school meal and advice is given to parents and carers on the application process. Children in Key Stage 2 are encouraged to purchase a school meal which is subsidised by the school to encourage uptake. Some pupils who are eligible, will receive a free school meal.

If parents choose not to use the school lunches, we ask them to provide children with packed lunches that promote a balanced diet. We allow for snacks and treats to be included at parent's discretion. If we feel that a packed lunch has an unsuitable balance of healthy foods alongside snacks and treats, we will contact the child's parents to offer support and guidance.

When out on school trips, our school kitchen will provide packed lunches for children in Reception, KS1 and for any child who is in receipt of Free School Meals.

## **Packed Lunches**

Food safety issues around packed lunches will be conveyed to parents. For example, at Newcroft, we are a nut free school so we ask that nuts and peanut butter are not included in packed lunches for the safety of our children and staff who have nut allergies.

Children should not bring chewing gum into school for Health and Safety reasons.

Children with special dietary or medical needs will need to discuss these needs with the Head teacher and lead first aider if specialist items are required in a packed lunch.

## **Break Times**

We encourage children across school to bring a healthy snack into school at break time, as part of a balanced diet. We ask parents to support us in providing balanced options for consumption at break times. Where we feel that snacks sent in are unsuitable, we will contact the child's parents to offer support and guidance.

### **Please do not send:**

- Sweets
- Bags of chocolate
- Crisps
- Any foods containing nuts

In Reception and Key stage 1, pupils will have access to fruit at break time as part of the free fruit scheme.

## **Break Time Tuck Shop**

Our school tuck shop provides a range of snack foods at break time. The snacks we sell help us to promote a balanced diet. Tuck items are chosen by parents and paid for in advance on sQuid. The items on sale may include: Toast, milk and crumpets. We ask children not to share food purchased at the tuck shop with their peers to protect children with food allergies.

## **Water Provision**

The National Nutrition Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, free of charge. The school provides a free supply of drinking water in each classroom.

Children are encouraged to bring (named) water bottles to school each day. We ask that parents send water or well diluted juice. Consumption is permitted during break and lunchtimes and at the teachers in the discretion during lessons.

## **Milk Provision**

Free milk is available for children under the age of 5. All parents can choose to buy milk for consumption at break time through the tuck shop.

## **Allergies**

Parents and carers should inform the school if their child suffers from an allergy, identifying the allergen to which the child reacts, and the symptoms of the reaction. Children with allergies are also identified for all school staff.

Individual care plans may be set up for children with specific medically identified allergies and intolerances; this includes involving the school kitchen staff where school meals are required.

## **Special Events**

- If a child brings in birthday cakes (individual, no whole cakes please) to school or a bag of chocolates/sweets for a birthday, these are divided up for distribution at home time. Parents will then be able to give permission for their child to eat this when leaving school. Parents are reminded that Newcroft is a nut-free school and treats should not contain nuts.
- Teachers will be aware of allergies before distributing birthday treats.
- Activities shared in school time as part of the curriculum (such as cooking or food technology) which involves the sharing or eating of food, will be fully risk assessed with a particular focus on nut containing products or any other potential allergy hazards. Basic principles of food hygiene will also be covered.

## **Under 5s compliance**

Newcroft Primary Academy complies with all aspects of the [Early Years Foundation Stage Nutrition guidance](#). The Early Years Foundation Stage (EYFS) statutory framework sets the standards that early years providers must meet to ensure that children learn, develop well and are kept healthy and safe. Our school complies with guidance specifically where children under 5 are provided with meals, snacks and drinks, which must be healthy, balanced and nutritious.