

Litton Church of England Primary School



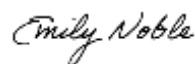
Healthy Eating Policy

Date Reviewed: 25.11.2025
Date Approved:
Approved by:
Version: 2

Signed:



Mrs Caroline Hicks
Headteacher



Mrs Emily Noble
Chair of Governors

Review date	By whom	Summary of changes made	Date implemented
08.01.2024	C.Hicks	New Policy	08.01.2024
25.11.2025	C.Hicks	Review of the policy	25.11.2025

At Litton Church of England Primary School we recognise the connection between a healthy diet and pupils' ability to concentrate, learn and achieve high standards in school. Therefore, as a health promoting school, we are committed to giving our pupils consistent messages about all aspects of health and encouraging and developing positive attitudes towards a healthy diet and lifestyle. We regard healthy eating as a whole-school issue and believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. We are committed to helping our pupils to understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

Aims

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues including what constitutes a healthy diet, hygienic food preparation and food storage.
- To ensure pupils are well-nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To encourage all pupils to make healthy food choices linked to the well-being SMILERS Programme -Eat Healthy.
- To ensure that food provision in school reflects the ethical and medical requirements of pupils and staff, e.g. vegetarian, religious, medical and allergenic needs.
- To provide opportunities for pupils and adults to share food as a way to build mixed age group friendships and to celebrate cultural diversity.

Objectives

- To integrate the aims of Healthy Eating into all aspects of school life, in particular food provision within the school, the curriculum, pastoral and social activities.
- To work towards ensuring that this policy is both accepted and implemented by all members of the school community.
- To ensure that staff with responsibility for food have basic food hygiene training.

Water Provision

At Litton Church of England Primary School we actively encourage all pupils to drink water each day. Water bottles are kept in classrooms. Children are encouraged to drink more water after physical exercise and on hot days. Water is available on the tables at lunch time. Staff have water in class, modelling frequent drinking to the children. Water should only be children's water bottles during school and not diluted squash or juice.

We believe that such access to drinking water:

- Promotes good health and wellbeing amongst pupils, staff and other adults;
- Reduces tiredness, irritability and distraction from thirst;
- Can have a positive effect on pupils' concentration throughout the day;
- Raises awareness of the importance of adequate fluid intake as part of a healthy, active lifestyle.
- Demonstrates to parents, carers and the local community that the school values pupils' health and wellbeing.

Snacks

We encourage children to have a snack at break time to support concentration and as a way of eating 5 portions of fruit or vegetables per day. All Foundation Stage and Key Stage 1 children receive a free piece of fruit or vegetable every day as part of the Government initiative. Key Stage 2 children are encouraged to **bring fresh or dried fruit or vegetables** for consumption during playtimes. No other snack is allowed during break time.

Lunchtime food provision

The school provides school meals, free school meals and facilities to eat packed lunches. All children have their lunch at 12.00pm.

Dining Hall/Infant Room

At Litton Church of England Primary School we try to make the dining environment as pleasant, calm and enjoyable as possible. Midday supervisors and Year 6 helpers are on hand to encourage all children – both those having school dinners and those having packed lunches – to eat their meal and to

offer assistance where needed. All children are encouraged to eat well; they are encouraged to “try” all foods chosen and praise is given for this.

Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat. This will be achieved by:

- entering and leaving the dining hall/infant classroom in an orderly way, to show respect for those who are eating;
- promoting the correct use of cutlery
- being encouraged to try a variety of foods at lunchtimes to develop a balanced diet
- saying please and thank you
- Parents or carers being advised if their child is not eating well
- Whilst the dining staff strives to keep the noise level down in the dining hall and to encourage the children to finish their meals in the time allocated, the children are encouraged to enjoy talking with their friends on their table whilst eating.

School Dinners

Litton Church of England Primary School engages the services of the DCC catering services where the meals are cooked at Bishop Pursglove Primary School kitchen and transported to Litton each day. They provide meals which meet the national guidelines for nutritional standards. A menu is sent home and is on display for both parents/carers and pupils to look at. Whilst being served the kitchen staff discuss their choices with children and encourage them to try new foods. A drink of water is provided with each meal and jugs of water are available on each table.

Packed Lunches

All children are encouraged to eat their sandwiches, wraps, pasta, rice and other savoury foods first, before moving on to yogurts and fruit, then leaving either cake and biscuit (a small chocolate biscuit bar or plain biscuit) items to last. No nuts or nut products due to allergies in school. Children are encouraged to bring savoury fillings in their sandwiches to school. Children put all their litter from their meal into their packed lunch boxes in order that parents can monitor which foods have been eaten.

Drinks in cartons, plastic bottles and flasks are allowed but fizzy drinks in cans or glass bottles are not permitted. Water is available for pupils who may have

forgotten a drink or who want more than what has been provided as part of their lunch.

Children may not bring any nuts, fizzy sweets, fizzy drinks (such as Prime or high energy drinks) or other chocolate products such as Mars bars, chunks of chocolate etc into school and in lunch boxes. This is to protect the pupils against potential allergies or intolerances. (See Appendix 1).

Treats, prizes, social events and special occasions

Staff will avoid confectionery items when purchasing prizes and treats for pupils. However, at Christmas and Easter a small amount of chocolate may be given, e.g. Easter eggs. Children with special diets, e.g. anaphylactic, diabetics or those with other allergies or intolerances should always be considered.

Breakfast and After school Clubs

Pupils will have access to a healthy range of breakfast foods. Children may bring a healthy snack for after school clubs such as **fresh or dried fruit or vegetables**. Water will be available every day.

Partnership with Parents and Carers

The school is aware that the primary role in children's healthy eating education lies with parents and carers. However, the school has a very important role to play and should lead by example. We will:

- Keep parents informed about healthy eating policy and practice through our newsletter.
- Take seriously and respond to any issue which parents/carers raise with teachers, head or governors about this policy and practice in school.
- Share with parents/carers information about the best practice known with regard to healthy eating so that they can support the key messages being given to children at school.
- Encourage parents/carers to consider the Healthy Eating Policy in the range of refreshments offered to the children during out of school events, e.g. school discos.
- Remind parents regularly about the desirability of their child/ren having a bottle of fresh water every day and those children in Key Stage 2 having a healthy snack of fresh/dried fruit or vegetables.

- Ask parents or carers of children who are on special diets for medical or religious reasons, or children with allergies, to provide as much information as possible about suitable foods.
- Parents must be aware that school may have children with dietary requirements and/ or severe allergies. **Therefore, school would prefer parents not to bring in any celebration foods for birthdays.**

Monitoring this policy

This policy will be monitored through the following:

- The contents of pupils' lunchboxes will be monitored
- Seeking the views of parents and governors
- Discussions with staff, including midday supervisors and catering staff
- Observations of the dining hall/infant room at lunchtime
- Observations of break time eating habits
- Scrutiny of teachers' PHSE lesson plans
- Discussions in Design and Technology lessons about cooking and nutrition.
- Discussion with the catering contractor about the food offered

Appendix 1

