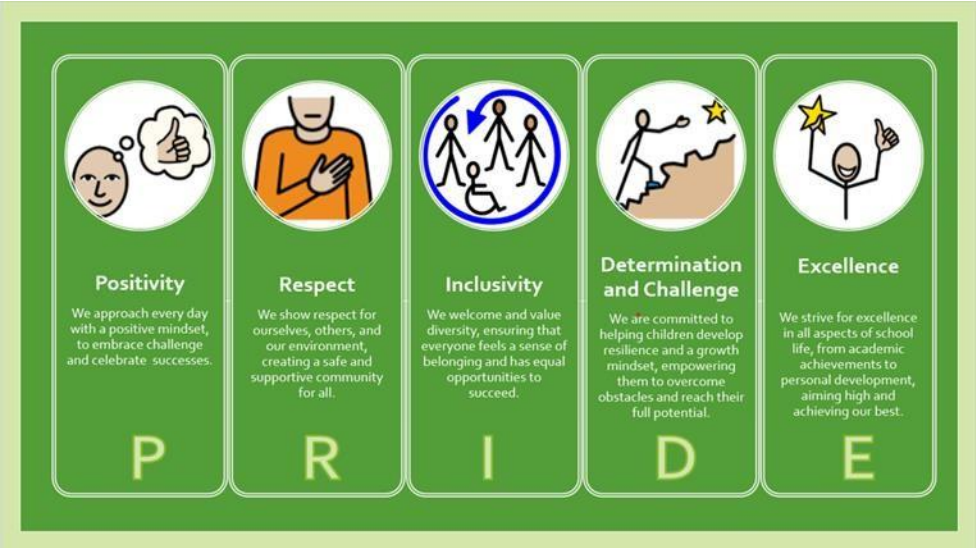
Healthy Eating Policy



Approved by: FGB		**Date:**
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Document & Version Control			
Statutory for Website	**No**	**Review Cycle**	**Annually**

Revision Date	Version No.	Summary of Change	Changes made by	Approved by	Date approved
April 2026	1	New document		FGB	

Introduction

At Gastrells 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.
- 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 contribute to the healthy physical development of all members of the school community.
- To ensure that all pupils are given consistent information regarding food to enable them to make healthy choices.
- To ensure the formal curriculum for food and nutrition in different lesson areas is consistent and up-to-date.

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 all staff with responsibility for food have basic food hygiene training.

Water Provision

At Gastrells Primary School we actively encourage all pupils to bring a clean, freshly-filled water bottle to school each day. We allow these to be kept in classrooms and children are able to drink from them regularly. Children are encouraged to drink more after physical exercise and on hot days. The children also have access to drinking fountains. Water is available on the tables at lunchtime. Staff have access to a water cooler outside the staff room and have water in class, modelling frequent drinking to the children.

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 hour between 12.30 p.m. and 1.30 p.m.

Foundation Stage and Year 1 children go into the dining hall first.

Dining Hall

At Gastrells Primary School we try to make the dining environment as pleasant, calm and enjoyable as possible.

Midday supervisors 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 in the dining hall are encouraged to eat well; they are encouraged to "try" all foods chosen and praise is given for this.

Foundation Stage and Year 1 children sit in order as they collect their meals.

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 in an orderly way, to show respect for those who are eating;

- midday supervisors promoting the correct use of cutlery
- older children helping younger children to cut up their food
- being encouraged to try a variety of foods at lunchtimes to develop a balanced diet
- saying please and thank you to the catering staff and lunch time supervisors
- 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

Gastrells Primary School engages the services of the catering company Caterlink who provide meals which meet the national guidelines for nutritional standards.

The menu is on ParentPay, class teachers inform the pupils of what there choices are on a daily bases. All pupils must have two fruit, vegetable or salad portions on their tray. 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 and other savoury foods first, then to move on to yogurts and fruit, leaving cake and biscuit items to last. Drinks in cartons, plastic bottles and flasks are allowed but fizzy drinks in cans or glass bottles are not permitted. Children may not bring sweets and confectionery items as part of their lunch. 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 put all their litter from their meal into their packed lunch boxes in order that parents can monitor which foods have been eaten.

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 nests.

Children with special diets, e.g. anaphylactic, diabetics or those with other allergies or intolerances should always be considered.

Staff are encouraged to eat fruit or vegetables as treats in the staff room, and especially when on duty outside.

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.

Monitoring this policy

The headteacher is responsible for monitoring the implementation of this policy and its review in light of the outcomes of the monitoring process. This policy will be monitored through the following:

- Discussions with staff, including midday supervisors and catering staff
- Observations of the dining hall at lunchtime
- Observations of break time eating habits
- Discussion with the catering contractor about the food offered