OAKDENE
PRIMARY ACADEMY

GROWING FOR EXCELLENCE

HEALTHY EATING

2026-2027

Version Number: 01
Ratified by Local Governing Body: Sept 2026
Next Review Date: Sept 2027
Academy Link: L Young

A GREAT PLACE **TO BE A PART OF**

MEMBER OF THE WADE DEACON TRUST

Contents

1. Aims, purpose and responsibility

2. Food in the curriculum

3. School lunches

4. Packed lunches

5. Snacks and Water

6. Breakfast club

7. Partnership with parents and carers

8. Disseminating the policy

9. References

Aims, purpose and responsibility

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events.

This policy takes into account that:

- Food choices that children make today shapes how they'll eat for the rest of their lives
- Too many children aren't getting enough of the right foods to eat – and too little of the foods that help keep them healthy
- When children eat better, they do better – they're in better shape to reach their full potential
- Being able to cook is an essential life skill: it all starts with getting children excited about food
- Eating good food is one of life's real pleasures: every child should know how it feels to enjoy a tasty meal with people you love.

http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/why-kids-need-to-eatwell/

Why is a policy needed?

At Oakdene we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a major

contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices

We aim to ensure that healthier food and drink is provided at all times of day, taking account of individual needs (e.g., cultural, ethical, medial), reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school.

This policy explains:

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school da
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices
- Our approach to improving pupils' health through healthy eating.

We aim to:

- Increase knowledge and awareness of a healthy diet through workshops and our PSHE and Science curriculum
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day
- Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day.

Responsibility:

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices:

- Senior Members of staff lead on the development and monitoring of Health Education and its implementation and liaise with lunchtime supervisors, cooks, kitchen staff and food contractors.
- The subject leaders of PSHE, PE and DT are jointly responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident through our PSHE, DT and enrichment planning.
- The lead governor on health and safety ensures the policy is implemented.
- Caterers and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.
- Parents receive the catering menu for the term and this is shared with the children in advance.

2. Food in the curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE and PE and enrichment. We ensure that pupils are taught cooking from Reception up to Year 6, in line with the national curriculum, developing their understanding in food related issues including food hygiene and safety issues. All food preparation is healthy.

This policy will contribute towards other policies in the following ways:

Behaviour: Children who eat healthily are more focussed on their work and behaviour is better

PSHE: Healthy food and choices and practical food education is included in the curriculum

Science: Healthy eating and nutrition is part of the science curriculum

DT and Enrichment: Hands on opportunities for children to prepare and cook food

Equality: We take account of the needs of all our children, including those with disabilities and allergies

3. School lunches

All our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standards. This menu is made available to parents on School Grid enabling them to discuss the upcoming menu and choices. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, we encourage all parents to take free school meals, where there is an entitlement.

4. Packed Lunches

We aim to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools in line with The School Food Standards.



An example healthy lunchbox may include:

https://www.phunkyfoods.co.uk/parent/a-healthy-lunch-parents-information/

Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items. Where this is the case, teaching staff should be notified.

Packed Lunch Containers

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles. Foods are at risk of bad bacteria if they are prepared and stored in warm temperatures, so it is advised that an ice pack is included in the food container.

Monitoring packed lunches

To promote healthy eating, we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy.

5. Snacks and Water

As part of promoting healthy eating, children are encouraged to eat the fruit and vegetables. Children are given responsibility for passing the fruit to others and for helping to clear it away. Examples of snacks which may be brought in are items such as croissants, fruit, toast, fruit loaf, bread sticks or cereal bars. We aim to ensure that children are enabled to make healthy choices at break time therefore do not allow items such as fizzy drinks, crisps or items containing chocolate. Examples of food to provide a nutritional snack are listed below:

- Vegetables/ vegetable sticks – such as celery, cucumber, peppers or carrot
- A piece of fresh or dried fruit – pineapple, mango, kiwi, plain raisins, apricots, blueberries, banana slices
- Toast in foil (preferably brown as a healthy option)
- Cereal bars which do not contain a large amount of sugar
- A piece of cheese (cheddar cheese or Babybel)
- Bread sticks, plain pretzels, banana bread, malt loaf, oat/rice cakes and small pitta breads are also good snacks
- Croissants

What does not constitute a healthy snack?

• Flapjacks with a high sugar content • Fruit covered in chocolate • Fruit winders • Cakes and biscuits • Crisps

We are aiming for a common-sense approach, with the key being to keep it healthy and no chocolate, sweets or crisps during breaktime. If bringing grapes or sausages for snack, these need to be prepared by being cut lengthways.

Healthy Break Time Snacks To promote a healthy lifestyle, we encourage the children to have a healthy snack at break time (approx.10.45am) each day. A healthy snack will help to keep hunger pangs at bay until lunchtime and aid concentration in class. Children in EYFS and KS1 have a daily snack of fruit or veg provided for free by the government, so additional snacks for these ages may not be required. Additional snacks are provided within Reception where parents contribute.

When participating in school-organised swimming lessons, children are permitted to bring a snack to eat. As with other snacks, this should be a healthy choice. Fizzy drinks, sweets, crisps and chocolate are not permitted.

Having enough to drink is a key factor to improving the performance and behaviour of children at school. Water is one of the best fluids to have.

At Oakdene:

- We bring in our own water bottles, although they are also available to buy from the school office
- We drink water or weak cordial from our bottles to promote healthy water intake during the day
- They are stored in our classrooms and taken out at all playtimes and in PE lessons
- We are encouraged to take our bottles home each day to be cleaned and refilled
- We are able to drink during lessons, ensuring that this is at a reasonable time and doesn't distract from our learning time for example when the teacher is speaking
- We have water coolers where we can refill our bottles or get drinks at break and lunchtimes

6. Breakfast club

Aims

- To provide food for children of families that have an early start to their day

- To improve pupils' education: if a child misses out on breakfast they may suffer from tiredness, a lack of concentration, poor behaviour or learning issues by mid-morning.
- To meet the social needs of children and improving social skills in a relaxed environment and with children of varying ages
- To improve the punctuality of some children who were frequently late
- To improve links between parents and school and children and class teachers

The club offers a calm, clean, pleasant environment for children to eat a healthy breakfast and to socialise with other children and adults. A good variety and healthy balance of foods is offered as recommended by the Balance of Good Health (Food Standards Agency, 2001):

1. A good portion of starchy food, e.g., lower salt/sugar breakfast cereals, bread, toast, fruit bun or bagel
2. Fruit and vegetable choices such as orange juice, fresh or dried fruit
3. A portion of milk or dairy food e.g., semi skimmed milk on cereals or low-fat yogurt
4. A choice of drinks e.g., water, juice, and semi skimmed milk
5. An opportunity to have exercise outside when the weather permits

Nut allergies

We are a nut free school, but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school and children with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions.

7. Partnership with parents and carers

We inform and involve parents and carers about healthy eating through the school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned.

Parents and carers are updated on our policies through school newsletters and on the school website. We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water, low sugar juices or milk be consumed during lunch time.

During out of school events such as trips and swimming lessons the school will encourage parents and carers to consider the food policy and packed lunch policy in the range of food and drinks offered. Parents are also informed of the school meals on offer through the seasonal menu which is sent out to each family.

Events and Celebrations

We want to give children the opportunity to celebrate their birthdays but in order to reduce the amount of high fat, sugar and salt foods children eat, we ask that parents and carers do not to send in birthday cakes or foods that do not comply with our food policy. If parents want to bring something in to celebrate birthdays we will ask that a book to contribute to the class library is brought in instead.

Water for all

During school meal times only drinks which comply with the School Food Plan guidelines may be consumed including water, low sugar fruit juice and milk. If children bring in a sugary drink they will be asked to take it home and we talk to parents and carers and remind them of the food policy.

We have cooled water towers around school and children are encouraged to drink water regularly throughout the day and have water bottles in class. Cooled water is available to staff and visitors in the staff room.

8. Disseminating the policy

Key information from this policy will be incorporated into the following documents

- School Handbook / Prospectus
- Staff Handbook
- Governor Handbook
- School website

A full copy of this policy is freely available to parents on request. Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in its delivery.

9. References and further reading

1. Balance of Good Health (Food Standards Agency 2001)
2. School food plan (www.schoolfoodplan.co.uk)
3. Change 4 Life (www.nhs.uk/change4life)