



St. Brendan's Catholic Primary School

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# HEALTHY EATING POLICY

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**Presented to Governors: Summer Term 2025**

**Adopted by Governors: Summer Term 2025**

**Review date: Summer Term 2027**

We believe that every adult at St Brendan's Primary School can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily. We want our children to understand that good, nutritious food is essential to their ability to learn as well as to their long-term health. We encourage children to apply their knowledge about food and make healthy choices both in and out of school. We encourage all children to enjoy cooking and learn certain core skills by the time they leave the school. We believe that food has a role in developing young people's social skills.

#### The aims of this policy

- To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to our school.
- To make clear the values and guidelines underpin every aspect of food culture at St Brendan's Primary School.
- To ensure that our children receive consistent and coherent messages about food and its role in their long-term health.
- To ensure that pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and safe, easily available water supply during the school day.
- To make the provision and consumption of food an enjoyable and sociable experience
- To outline future plans and goals with regards to food culture in our school.

#### What we do

- Ensure that all food and drink served reflects the needs of all consumers and makes healthy choices easy to take
- Regularly review occasions during the school day to ensure that food and/or drinks are available when needed
  - Before/after school
  - Break times
  - Lunchtime
  - Special activities e.g. Sports days, trips out, after school clubs
- Provide food and drink that allows individuals to
  - Drink cool water frequently throughout the day
  - Eat healthily without financial disadvantage
  - Follow special diets / cultural requirements
- Create a pleasant eating environment that is appropriate to the age of the children
- Design a curriculum that delivers complimentary and developmental nutrition messages throughout a pupil's school life
- Ensure that healthy choices are affordable to all families and that if needed financial support may be provided
- **ENDEVOUR THAT THE SCHOOL REMAINS NUT-FREE AT ALL TIMES.**

#### Water in the school

- Children have access to free and fresh water throughout the school day.
- Children are encouraged to bring their own water bottles into their classrooms and are allowed to drink water whenever they feel thirsty.
- At lunchtime children are encouraged to bring their water bottles to the lunch hall with them.
- Children are encouraged to take fresh water with them on all school trips and have access to their water bottles or a water fountain during sporting activities.

#### Food throughout the school day:

## Breakfast

We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels if hungry. We encourage all children to eat breakfast and have a drink before they come to school. We have a Breakfast Club that supports healthy eating and children can have cereal, toast and fruit upon arrival.

## Break Time

- Children in EYFS & KS1 benefit from the National School Fruit Scheme – this entitles them to one free piece of fruit or vegetable a day.
- Children in KS2 can bring fruit, fresh or dried (but not tinned or sweetened) to eat at breaktime. Children should not be taking any other items from their packed lunch to eat at breaktime.

## Lunch Time

### *Hot lunch in the dining hall*

- We aim to provide our children with good quality, healthy food and we actively promote healthy choices through external provider.
- We recognise the importance of eating a hot lunch and are encouraging greater uptake of school meals.
- Hot meals can be ordered through our lunch providers Kingswood Catering.
- We listen to the children's opinions on the menu and the School Council feedback to the contractors.

### *Packed lunches*

- Children who eat packed lunches and children eating school dinners eat at the same tables.
- We encourage parents and children to make healthy choices when preparing packed lunches.

### *The eating experience:*

- We aim to make sure children have time to eat their lunch and do not need to rush.
- Children are encouraged to support each other in the dining hall by sitting with them, helping them try new food, promoting good manners and conversation and supporting them when clearing away.

### Dietary requirements:

The school caterers cater for all dietary requirements if they are given good notice of them. In accordance with DfE advice September 2014<sup>1</sup>, any special dietary requirements not due to religious observance must be confirmed with medical evidence<sup>2</sup>.

There are 4 meals a day: a meat dish, a vegetarian dish, baguette or sandwiches and jacket potato. We ask that birthday cake is not brought to school in order to protect children who have allergies.

### Food in the Curriculum

- We exploit opportunities within the existing curriculum to discuss and work with food.
- We recognise that food has great potential for cross-curricula work.
- Formal food education is delivered via the Design and Technology curriculum (see scheme of work and policy). There are also topics in the PSCHE and Science curriculum.
- As part of DT curriculum, we access the Kingswood Kitchen allowing Children to attend cooking sessions.
- We participate in as many food-related events and schemes as possible if they consolidate the aims outlined in this policy.
- As part of our enjoyment of food and to help children develop a healthy attitude towards food, we do encourage treats at various events throughout the year, but these are to be exceptional and not the norm. (eg end-of-term DVDs do not have to have popcorn)

**All food purchased by school (i.e. not the catering contractor) must be Fairtrade as far as possible.**