

Woodcote Primary School

Healthy Eating Policy



Adopted: March 2026

To be reviewed: March 2027

Chair of Governors:

Headteacher:

Legislation:

This policy is based on the School Food Standards and gives regard to the EYFS Nutrition Guidance (September 2025)

Aims:

This policy aims to ensure:

- That children gain the knowledge to make healthy choices about the food they eat, understand how these choices will help them to be active, have healthy teeth and be ready for learning.
- That children develop the life skills to prepare, cook and bake fresh food to form part of a balanced diet.
- That children enjoy eating good food- every child should know how it feels to enjoy tasty food in social situations.
- Children have a balanced meal each day.
- Children are provided with safe, easily accessible water throughout the school day.
- A close working partnership between school and parents /carers.
- Staff are a positive role model for a balanced diet.

Responsibility:

It is the responsibility of all staff, including 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 Leaders of the should liaise with the catering company to ensure the food they provide is in accordance with the School Food Standards and shows regard to the EYFS Nutrition Guidance.

Parents/carers are responsible to provide a healthy, balanced packed lunch, ideally in a reuseable container with an ice pack.

Food in the curriculum

Food, its production and preparation, is an important part of the curriculum for all pupils and is taught across the school through Science, PSHE, PE and enrichment. In EYFS, it is taught as part of Understanding the World (UTW), Personal, Social and Emotional Development (PSED) and Physical Development (PD). We ensure that pupils are taught cooking skills from Nursery through to Year 6, in line with the EYFS framework and National Curriculum, developing their understanding about the importance of a balanced diet, good dental hygiene, food hygiene, hand hygiene and safety.

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

Behaviour: Children who eat healthily are more likely to be focussed on their learning and regulated in their behaviour.

PSHE/PSED: Healthy food choices, food, hand and dental hygiene form part of the curriculum on how to have a healthy lifestyle.

Science/UTW: Healthy eating and nutrition and dental hygiene are a part of the science curriculum.

PE/PD: Preparing and cooking different foods will develop fine motor skills (peeling, chopping, pouring, mixing, kneading, rolling.)

Enrichment: Hands on opportunities for children to prepare, cook and taste a range of food from different cultures and celebrations. In Nursery, any food that is high in fat, salt or sugar will mainly be sent home for products for parents to control their child's recommended daily intake.

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

School Lunches

All of our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standards and pays regard to the EYFS Nutrition Guidance. A copy of the weekly menu is available on the school website. The dining areas have a positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices, encourage pupils to try new foods and to eat enough to have the energy for learning. Where children bring packed lunch from home, parents/carers are encouraged to make this balanced and healthy. Class teachers will discuss any food related concerns with parents/carers.

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/carers are encouraged and supported to be responsible in ensuring that packed lunches are as healthy as possible. Due to the special diets and allergies, children are not permitted to swap/share food items.

Nut-Free School

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

Snacks

In the Early Years (EYFS) and Key Stage One, children have a morning snack of fruit or vegetables as provided by the Government scheme. In Nursery, families are asked to provide snack donations of fruit, vegetables and/or carbohydrates. These should be low in fat, salt and sugar content, guided by the amber and green colour coding on food packets. Where availability allows, the type of snack offered will be varied across the week. In EYFS, the children sit together to eat any snacks and there is at least one paediatric first aid trained member of staff in the room with them. The children are also offered water or milk to drink at snack time which they learn to pour this themselves. Once finished, they are responsible to clear away any waste and in Reception, wash up their cups.

Breakfast Club

Children who come to Breakfast Club before 8am, are offered a good variety and healthy balance of foods as recommended by the Eatwell Guide:

1. A good portion of starchy foods, e.g lower salt/sugar wholegrain breakfast cereals, porridge, wholemeal bread or toast, or bagel.

2. Fruit and vegetable choices.
3. A portion of milk or dairy food, e.g semi-skimmed milk on cereals or plain yoghurt.
4. A choice of semi-skimmed milk or water to drink.
5. An opportunity to have exercise when the weather permits.

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 encourage parents/carers to send in healthy treats like fruit or small gifts such as stickers instead of sweets, chocolate, cakes, biscuits and crisps.

We have a number of fundraising opportunities throughout the year and limit cake/ice-cream sales over the course of the year.

As part of learning about different cultures/celebrations, children are given opportunities to prepare, bake and taste foods from around the world.

Water for all

During school mealtimes, children drink water.

During snack times, the children can drink water and in EYFS, they drink milk.

All children are encouraged to bring a clean water bottle from home, freshly filled each day, to drink from throughout the day. These can be refilled. If the children forget their water bottle, water will be provided to them.

Healthy Smiles Accreditation

The Nursery class received the 'Healthy Smiles Accreditation' in January 2025 and are committed to following this until at least January 2027. The good practice from this is shared with the rest of the school.

Hand Hygiene

All children are required to wash their hands before preparing and/or eating foods. IN EYFS, handwashing is supervised to ensure the children know and can wash their hands effectively as per the NHS guidelines.