



## Valuing Potential; Creating Opportunities

### HARTSBOURNE PRIMARY SCHOOL HEALTHY EATING POLICY

This policy to be read in conjunction with D & T Policy, Equal Opportunities Policy, Lunchtime Play Policy, Teaching & Learning Policy, Science Policy, SEND Policy

#### POLICY REVIEW

This policy has been agreed by staff and Governors and will be regularly reviewed.

DATE OF POLICY:	September 2025	DATE OF NEXT REVIEW:	September 2026
MONITORED BY:	HEAD OF SCHOOL, PUPIL PROGRESS COMMITTEE		

#### RATIONALE

Hartsbourne is committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy lifestyle is part of our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

Food fundamentally contributes to the quality of a child's life, not just in providing essential nutrition but also in communicating and sharing positive values, attitudes and experiences with each other. We believe that adults should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general wellbeing.

#### AIMS AND OBJECTIVES

We will introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

#### We aim to ensure that:

- We contribute to the health of pupils and staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- 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.
- Food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergy needs.

#### Objectives:

- Give the children time and space to eat in a calm and attractive environment.
- Help the children to see that enjoying food and eating meals with others contributes to a happy lifestyle.
- Encourage the children to find out more about achieving a healthy balanced diet.
- Encourage the children to try new foods and flavours in a supportive environment.
- Promote school food to children and parents.

#### CURRICULUM ORGANISATION

We believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through the Science, DT and PSHE curriculums: for example, pupils learn about



the requirements for plant growth, the food chain and the components of a healthy diet in science. All pupils will have the opportunity to learn about safe food preparation and to learn about where food comes from.

## **MANAGEMENT OF EATING**

Reception and Key Stage One pupils at Hartsbourne participate in the free Fruit and Vegetables Scheme. These pupils will be encouraged to eat a piece of fruit or vegetable as part of their daily break time. These pupils will also have access to milk via the Milk Scheme.

KS2 children eat snacks in class either before, during or after breaktime. Children are asked to bring healthy snacks, following guidance from the NHS website:  
<https://www.nhs.uk/healthier-families/food-facts/healthier-snacks>.

All children are encouraged to bring in a named water bottle so they can have access to water throughout the day. Water is also available in classrooms and at lunchtimes.

Chewing gum and fizzy drinks are not permitted on the school premises, during off-site visits or while the children are representing the school.

### **Lunchbox Contents**

Across a week, pupils' lunchboxes should offer balanced nutrition. Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as everyday snacks in school or as part of lunchboxes. Lunchtime supervisors will monitor the contents of pupils' lunchboxes to ensure they have eaten a reasonable amount before they are allowed to leave the dining room.

We will teach the children to enjoy treats in moderation. Birthdays and special events, such as Christmas or Diwali, are also times where food contributes to a sense of celebration and sharing. On these occasions, food other than fruit or vegetables may be offered.

The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information will be stored on Arbor and will be shared with both teachers and the school catering staff.

Pupils are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts or nut products.

### **Portion Management**

No child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to "try a little bit more" if they can, to ensure that they are not hungry later in the day.

### **School Meals**

Currently, children in Reception and KS1 are in receipt of Universal Free School Meals, funded by the government. Parents of KS2 children can purchase a school meal. Our school website contains details for parents about how to order a school meal, notice periods and online payment systems.

We work closely with the school catering company to ensure the healthiest possible meals and



children are offered a choice of salad, fresh vegetables and fresh fruit every day. There are strict guidelines determining the meals that are available through the course of the week and these are in accordance with the Healthy Food Standards in Schools. The weekly school lunch menu is available via Innovate's website and displayed in the dining room.

The Head of School will invite feedback on the quality of school meals from the children via assemblies, questionnaires and School Council. Parents will be invited to share their feedback via the parents' e-mail and parent questionnaires.

Children will be encouraged to develop good eating skills and table manners at lunchtime and be given plenty of time to eat. This will be achieved by following our dining room expectations:

- Hands Up for Help
- Inside Voices
- Please Walk
- Good Manners

Children can earn Clive the Carrot points for lunchtime etiquette. Each week the class with the most points is awarded Clive in assembly.

### **WORKING WITH PARENTS**

We wish to build a positive and supportive relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective we will:

- Inform parents about the school healthy eating education policy and practice.
- Encourage parents to give constructive feedback via the annual questionnaire.
- Inform parents about the best practice known with regard to healthy eating so they can support the key messages being given to children at school.

### **ROLES AND RESPONSIBILITIES**

The Senior Mealtime Supervisor is responsible for calling classes in to lunch on a rota and allocating staff to areas and classes. Innovate set the menu and ensure it meets all statutory guidelines. SLT can request minor changes to the menu each term.

### **ENTITLEMENT**

It is the entitlement of every child at Hartsbourne to eat in a calm, clean and orderly environment. We want children to learn that enjoying healthy food and eating meals with others contributes to a happy lifestyle.