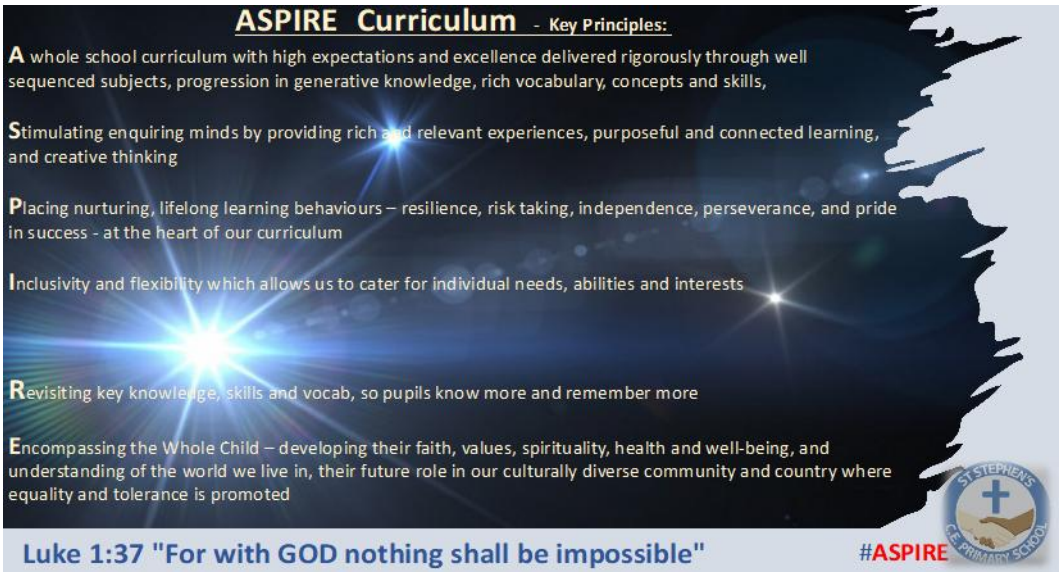
Healthy Eating Policy

Approved by:		**Date:** 1/9/25
Last reviewed on:	September 2025	
Next review due by:	September 2026	

At St Stephen's CE Primary School, our Christian values run through our school like a golden thread and enable our children to flourish and ASPIRE in life. Our Christian vision: *'for with God, nothing is impossible' (* Luke 1 : 37), helps support and guide our whole school community in striving to beat our previous best endeavours.
Throughout the year, we re-focus on a Christian Value in order to keep God in the centre of our lives. By linking these to key events within the Christian calendar our children will all take turns in leading key collective worships for our whole school community at St Stephen's Church, once a year.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Thankfulness	Respect	Hope	Forgiveness	Trust	Love



The key principles of our ASPIRE vision support our decision-making process at St Stephen's CE Primary School for the curriculum. With these principles in place, our children are able to know more and remember more across development of our broad and balanced curriculum.

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1. Introduction and Purpose

This Healthy Eating Policy reflects St Stephen's C of E Primary School's commitment to promoting the health and well-being of all pupils and staff. We believe that a healthy diet is essential for pupils' physical and cognitive development, enabling them to reach their full potential. This policy aims to create a school environment that supports healthy food choices and encourages positive eating habits.

2. Policy Aims

This policy aims to:

- Promote healthy eating habits among pupils and staff.
- Provide pupils with the knowledge and skills to make informed food choices.
- Ensure that food provided by the school meets nutritional standards.
- Create a supportive school environment that encourages healthy eating.
- Involve parents/carers in promoting healthy eating at home.
- Reduce health inequalities by ensuring all pupils have access to healthy food options.
- Support pupils with specific dietary needs or medical conditions.

3. Legal and Regulatory Framework

This policy is informed by and complies with the following legislation and guidance:

- **The Children and Families Act 2014:** Focuses on the well-being of children, including their health.
- **The Education Act 2002:** Places a duty on schools to promote the well-being of pupils.
- **School Food Standards:** Mandatory standards for all maintained schools in England regarding food and drink provided to pupils. (See: https://www.gov.uk/government/publications/school-food-standards-resources-for-schools)
- **Public Health England guidance on healthy eating.**
- **Food Information Regulations 2014:** Requires food businesses to provide allergen information.
- **Relevant Food Safety Regulations.**
- **Guidance from the Department for Education on healthy school schemes and initiatives.**

4. Roles and Responsibilities

- **Governing Body:** Responsible for approving and monitoring the implementation of this policy.
- **Headteacher:** Responsible for the overall implementation of the policy and ensuring that it is effectively communicated to all stakeholders.
- **School Staff (Teachers, Teaching Assistants, Support Staff):** Responsible for promoting healthy eating in the classroom and modelling healthy choices.
- **Catering Staff:** Responsible for providing food that meets the School Food Standards and catering for pupils with specific dietary needs.
- **Parents/Carers:** Responsible for supporting healthy eating at home and working in partnership with the school.
- **Pupils:** Responsible for making healthy food choices and participating in healthy eating initiatives.
- **School Nurse/Health Professionals:** Provide advice and support on healthy eating and specific dietary needs.
- **School Council:** Representing the views of pupils on healthy eating issues.

5. Implementation Strategies

5.1 School Meals

- School meals will meet the School Food Standards.
- Menus will be planned to provide a balanced and varied diet.
- Fresh fruit and vegetables will be offered daily.
- Water will be readily available to pupils throughout the day.
- The school will work to reduce sugar, salt, and fat content in meals.
- Allergens will be clearly labelled on menus and food items.
- Catering staff will be trained in food safety and allergen awareness.
- Pupils with specific dietary needs (e.g., allergies, intolerances, religious requirements) will be catered for.

5.2 Packed Lunches

- Parents/carers will be encouraged to provide healthy packed lunches.
- Guidance on healthy packed lunch options will be provided to parents/carers.
- The school will promote healthy alternatives to sugary drinks and snacks.
- Staff are not allowed to talk to the children about the contents of their lunchbox if it has multiple unhealthy items in it. Staff to make class teacher aware to discuss this with parents and log it on CPOMS under ‘Wellbeing’.
- Packed lunches should not contain sweets, chocolate bars, or fizzy drinks.
- One small treat will be allowed as part of a balance diet
- Nuts are prohibited in packed lunches due to potential allergies.
- Pupils will be encouraged to dispose of their lunch waste responsibly.
- Children who have particular medical requirements may be allowed alternative food options if stated in their Health Care Plan.

5.3 Break Times

- Fruit, vegetables, cheese or yoghurts will only be allowed during break times.
- No crisps, chocolate, yoghurts or other forms of food will be allowed.

- Children who have particular medical requirements may be allowed alternative food options if stated in their Health Care Plan.

5.4 School Events

- Healthy options will be promoted and priced competitively.
- Fundraising activities will focus on healthy options rather than sugary treats.
- There may be occasions unhealthy options are available for school events. This will be taught with the focus on a balanced diet.

5.5 Curriculum

- Healthy eating will be incorporated into the curriculum through subjects such as Science, PSHE, and Design and Technology.
- Pupils will learn about the importance of a balanced diet, food groups, and the impact of food on their health.
- Cooking and food preparation skills will be taught to pupils.
- Pupils will be encouraged to grow their own fruit and vegetables in the school garden.
- The 'St Stephen's Curriculum' will include teaching about healthy snacks and lunchboxes as part of being safe.

5.6 School Environment

- The school environment will promote healthy eating through displays, posters, and information leaflets.
- Dining areas will be clean and inviting.
- Positive messages about healthy eating will be reinforced throughout the school.

5.7 Staff Training

- All staff will receive training on healthy eating and the implementation of this policy.
- Catering staff will receive specific training on food safety, allergen awareness, and the School Food Standards.
- Training will be updated regularly to reflect changes in legislation and best practice.

6. Communication and Consultation

- This policy will be communicated to all stakeholders through the school website, newsletters, and parent evenings.
- Parents/carers will be informed about the implementation of the policy prior to it being implemented.
- The policy will be reviewed regularly in consultation with all stakeholders.

7. Monitoring and Evaluation

- The implementation of this policy will be monitored regularly by the Headteacher and the Governing Body.
- Pupils' food choices and eating habits will be observed.
- Feedback will be sought from pupils, staff, and parents/carers.
- The policy will be evaluated annually to assess its effectiveness.
- Data on pupils' health and well-being will be used to inform the policy.

8. Related Policies

This policy should be read in conjunction with the following school policies:

- SEND Policy
- Behaviour Policy
- Anti-Bullying Policy
- Safeguarding Policy
- First Aid Policy
- Equality Policy

9. Policy Review

This policy will be reviewed annually, or more frequently if necessary, to ensure that it remains relevant and effective. The review will involve consultation with all stakeholders.