

NO. D140 - FOOD AND NUTRITION POLICY



Review History

Date of Update	Reason for Update	Next Update
Spring 2017	Review and re-written	Spring 2021
Autumn 2021	Review	Autumn 2025
Spring 2026	Updated to reflect new catering provider, revised snack arrangements, and latest national guidance	Spring 2030

Introduction

In our school we are committed to giving all our pupils consistent messages about all At our school we are committed to giving all pupils clear and consistent messages about health and wellbeing, enabling them to understand the impact of their choices and to take increasing responsibility for a healthy lifestyle. This policy should be read in conjunction with the school's PSHE and Relationships and Health Education policies.

The school promotes the principles of healthy eating and physical activity in line with national guidance and the Department for Education (DfE) expectations for schools. A balanced diet and regular exercise are key contributors to children's physical development, wellbeing and readiness to learn.

Rationale

Owslebury Primary school is committed to supporting the health and wellbeing of the whole school community. Food and nutrition play a central role in physical health, concentration, behaviour and emotional wellbeing. As a school, we aim to act as a positive role model for pupils and families, promoting healthy, balanced eating habits within a supportive environment.

Through effective leadership, curriculum planning and the wider school ethos, all staff work together to ensure that healthy lifestyle messages are embedded across the school day.

Aims and Objectives

- To provide consistent messages about food, nutrition and health
- To support pupils in making informed and healthy food choices
- To promote health awareness across the school community
- To contribute to the healthy physical development of all pupils
- To comply with current national food and nutrition standards for schools

Settings for food policy

The school does not operate vending machines.

Healthy snacks are provided by the school and are no longer supplied by the kitchen.

All food provision and guidance aligns with the School Food Standards and DfE guidance.

Breakfast Club and Wraparound Care

The school does not operate its own breakfast club.

Breakfast and all wraparound care are provided by Activ8 Minds, an external provider. Activ8 Minds is encouraged to work in line with this Food and Nutrition Policy and to ensure that any food and drink provided as part of their provision supports healthy eating principles and current School Food Standards.

Where food is provided, it should:

- Promote a balanced and nutritious start to the day
- Limit foods high in sugar, salt and saturated fat
- Provide access to drinking water
- Take account of dietary, medical, cultural and religious needs

The school works in partnership with the provider to promote consistent messages about health and wellbeing across the school day.

Snacks

Children in EYFS and KS1 receive a daily fruit or vegetable snack through the national School Fruit and Vegetable Scheme.

KS2 pupils may bring a healthy snack from home, such as fruit or vegetables, to be eaten at morning break.

The school provides healthy snacks where appropriate, in line with current guidance. Snacks are managed by the school rather than the catering provider.

Sugary snacks, confectionery and high-fat or high-salt items are discouraged.

School lunches and packed lunches

School Meals

All school meals are provided by Chartwells, commissioned by Hampshire County Council. Meals comply with the statutory School Food Standards and are designed to provide a balanced, nutritious diet. Menus include:

- Daily portions of fruit and vegetables
- A balance of carbohydrates, protein and dairy or alternatives
- Hot and cold meal options
- Consideration for cultural, religious and medical dietary requirements

Special dietary needs are accommodated in consultation with parents/carers and relevant professionals.

Packed Lunches

The school encourages parents and carers to provide healthy packed lunches that support children's wellbeing and learning. The following guidance applies:

- Water is the preferred drink (no fizzy or sugary drinks)
- Sweets and chocolate are discouraged
- The school is a nut-free environment

The following items should only be included occasionally and in moderation:

- Crisps or savoury snacks high in salt and fat
- Cakes and sweet baked goods (e.g. doughnuts)
- Sweet cereal bars

The school cannot accept legal responsibility for food prepared at home and brought into school.

Water for all

Fresh drinking water is freely available throughout the school day. Children are encouraged to bring a reusable water bottle and may drink water regularly, except during collective worship. Regular water breaks are incorporated into the school day, particularly for younger pupils.

Cool Milk Scheme

Milk is provided free daily to all children under five and to Free School Meal children. Other pupils may opt into the school milk scheme at a cost to parents.

Food across the Curriculum

Food, nutrition and healthy lifestyles are embedded across the curriculum. Opportunities include:

- *Science*: Nutrition, digestion and the effects of exercise
- *Design & Technology*: Food preparation, cooking and food hygiene
- *PSHE*: Healthy lifestyles, body image and personal responsibility
- *Geography*: Food production, sustainability and global trade
- *History*: Changes in diet and food culture over time
- *RE*: Food traditions linked to religious beliefs and festivals
- *Maths and English*: Measuring, data handling, persuasive writing and reading linked to food topics

The school may also hold themed meal days to enhance curriculum learning and celebrate cultural or national events.

We offer opportunities for cookery and gardening from time to time within the curriculum.

Partnership with parents and carers

A strong partnership between home and school is essential in supporting children's health and wellbeing. The school will:

- Share guidance on healthy eating where appropriate
- Provide support and signposting for families around nutrition and wellbeing
- Encourage consistent messages between home and school

Relationship to School Values

Nurture: Creating a calm, inclusive environment where children are encouraged to try new foods

Aspiration: Supporting lifelong healthy habits

Respect: Recognising and accommodating dietary needs

Resilience: Encouraging pupils to try unfamiliar foods

Collaboration: Promoting positive social interaction through shared mealtimes

Role of the Governors

Governors monitor the implementation and effectiveness of this policy and ensure it reflects statutory requirements and best practice.

Monitor and review

Senior leaders are responsible for overseeing the implementation of this policy and supporting staff. Hampshire County Council monitors catering provision through contractual arrangements. The policy will be reviewed in line with the school's review cycle or sooner if guidance changes.

End of policy