



## Healthy Eating Policy

<b>Last review date:</b>	<b>00/00/0000</b>
<b>Approved by:</b>	
<b>Next review date:</b>	<b>00/00/0000</b>
<b>Person/s responsible:</b>	<b>Mrs Rena Madar - Headteacher</b>

## Introduction

At Grange Park Juniors, we are committed to promoting the health and well-being of our pupils. We believe that a balanced and nutritious diet is essential for their physical and mental development, helping them to thrive both academically and socially. This policy outlines our approach to encouraging healthy eating among pupils, staff, and the school community.

## Aims

- To encourage all members of our school community—children, parents, and staff—to develop positive, responsible attitudes towards healthy eating and to understand the vital role of nutritious food in overall well-being.
- To increase awareness of the importance of a balanced diet and the long-term benefits of healthy eating habits.
- To ensure students have access to nutritious food options that support both their physical health and mental well-being.
- To create a school culture where healthy eating is actively promoted, valued, and celebrated.
- To support parents and carers in providing healthy packed lunches that meet the same standards as school meals and follow the guidelines set by the British Nutrition Foundation.

## Responsibilities

- **School Staff:** All staff members will model and encourage healthy eating habits in both the classroom and during break times. Teachers will integrate lessons about healthy eating into the curriculum where possible.
- **Parents/Carers:** Parents are encouraged to provide healthy lunches and snacks for their children and to model good eating habits at home. The school will communicate the importance of healthy eating to parents through newsletters and meetings.
- **Students:** Students will be encouraged to try new foods and make healthy choices, both in the school canteen and during breaks. They will be taught the importance of hydration and portion control.

## Curriculum

Healthy eating education is an integral part of our school's curriculum and contributes to the development of lifelong healthy habits. The importance of balanced nutrition and informed food choices is explicitly addressed through the Science, PSHE, Physical Education, and Design and Technology curriculum.

Pupils are taught about the origins of food, the principles of plant growth, the food chain, and the components of a healthy, balanced diet. These topics are reinforced across all year groups to ensure a consistent and age-appropriate understanding of nutrition and well-being.

In accordance with the National Curriculum, all pupils receive cooking lessons as part of their learning. This includes practical experience in preparing food, as well as education on food hygiene, kitchen safety, and sustainable food practices. These lessons aim to equip students with essential life skills and a sound understanding of food-related issues.

## School lunches

All school meals are provided by Grange Park Infant School's caterers. Meals are freshly prepared on-site each day and delivered to our school, where they are served from our kitchen facilities.

The weekly menu is published on the school website and emailed to parents and carers each term. Printed copies are also available upon request from the School Office.

School staff actively monitor pupils' food choices during lunchtime and encourage them to try a variety of healthy foods. Parents and carers are strongly encouraged to take up the offer of free school meals where their child is eligible.

The *School Food Standards* apply to all hot and cold midday meals provided during term time, including packed lunches. All food prepared and served by the school catering team complies with these national standards to ensure balanced, nutritious options for every pupil.

## Packed Lunches

As part of our commitment to promoting healthy lifestyles and supporting the nutritional well-being of all pupils, the school encourages parents and carers to provide healthy, balanced packed lunches for their children. Packed lunches should complement the nutritional standards set out in the School Food Standards and reflect the same commitment to health and well-being as school-provided meals.

## Guidance for Packed Lunch Contents

Parents and carers are encouraged to include the following in packed lunches:

- A minimum of one portion of fruit and one portion of vegetables or salad each day
- A source of non-dairy protein, such as lean meat, fish, eggs, lentils, chickpeas, hummus, falafel, or beans
- An oily fish (e.g., salmon or mackerel) at least once every three weeks
- A starchy carbohydrate such as bread, pasta, rice, couscous, noodles, potatoes, or wholegrain cereals each day
- A dairy product such as milk, cheese, yoghurt, fromage frais, or custard daily

Suggested Healthy Items Include:

- Sandwiches or wraps with nutritious fillings
- Chopped raw vegetables (e.g., carrots, cucumber, peppers)
- Fresh or dried fruit
- Cheese portions or yoghurts
- Pasta or rice pots
- Water

Items to Avoid:

To promote healthy choices and reduce high sugar, salt, and fat intake, the following items should not be included in packed lunches:

- Drinks containing sugar and energy drinks
- Sweets and confectionery
- Chocolate bars and coated snacks
- Crisps (plain popcorn or vegetable crisps may be considered as alternatives in moderation)
- Meat-based processed products such as sausage rolls, pies, corned beef, and sausages/chipolatas should be included only occasionally

## Healthy snacks

As part of our commitment to promoting healthy eating and supporting children's overall well-being, the school recognises that snacks can play a valuable role in a balanced diet when carefully chosen.

To encourage healthy habits and reduce the intake of high-sugar and high-fat foods, the following guidelines apply:

Only fruit or vegetable snacks are permitted during morning break.

When attending extracurricular activities and sporting events, pupils are encouraged to bring and eat healthy snacks that support their energy and concentration.

Examples of healthy snacks include:

- Fresh fruit (e.g., apple slices, bananas, grapes)
- Vegetable sticks (e.g., carrot sticks, cucumber, cherry tomatoes)
- Whole grain crackers or rice cakes
- Low-fat yogurt or yogurt tubes (with little or no added sugar)
- Cheese sticks or cubes

## Water-Only Policy

As part of our commitment to promoting healthy lifestyles and supporting children's physical and mental well-being, our school follows a Water-Only Policy during the school day.

Pupils are encouraged to drink water regularly throughout the day to stay hydrated and focused. Water supports learning, improves concentration, and helps children develop healthy lifelong habits.

Guidelines

- Water is the only drink permitted during the school day, including during class time, break times, and lunchtimes (unless a school-provided drink is part of a supervised meal, such as milk for younger pupils).
- Children are encouraged to bring a refillable water bottle to school each day. These can be refilled at designated water stations or taps throughout the school.
- Bottles must be clearly labelled with the child's name.
- Water bottles should only contain still, unflavoured water—no squash, juice, fizzy drinks, flavoured water, or energy drinks are permitted.

Exceptions

- Children with specific medical needs or dietary requirements may be exempt from this policy, provided the school has been informed and appropriate documentation is supplied.
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## Special Diets /Allergies

The school recognises that some pupils may have verified medical conditions requiring special diets, which may impact on diet. In this case, parents/carers are urged to contact the

school to discuss dietary requirements. For these reasons pupils are not permitted to swap food items and are not permitted to bring nuts and nut products in to school

## Special Occasions and Celebrations

As part of our commitment to promoting healthy lifestyles, the school aims to celebrate special occasions in ways that support our healthy eating ethos while still recognising important moments in children's lives.

Guidance for Celebrations:

- For events such as birthdays, the school encourages families to consider healthier alternatives to traditional cakes and sweets. Options may include fruit platters, small portions of homemade baked goods, or other nutritious treats.
- During school-wide celebrations, fairs, or class parties, the school will promote a balanced approach by ensuring healthier food options are available and by limiting high-sugar, high-fat snacks.
- The school does not support the regular use of sweets or unhealthy foods as rewards for good behaviour, academic achievement, or participation. Instead, alternative forms of positive reinforcement—such as praise, certificates, extra responsibilities, or non-food rewards—are used consistently.

## Monitoring and Review

- The policy will be reviewed annually by the Senior Leadership Team to assess its effectiveness and to make adjustments as necessary.
- Feedback from students, parents, and staff will be collected regularly to improve the policy and practices.

## Conclusion

By promoting healthy eating and providing nutritious food options, Grange Park Juniors aims to support the physical and emotional development of all students. We believe that fostering good eating habits at a young age will help lay the foundation for a lifetime of healthy choices.