Winterbourne Earls CE (VC) Primary School
Healthy Schools Food Policy

Date Published: September 2025
Next Review Date: September 2027

Purpose
At Winterbourne Earls we understand the importance of the connection between a healthy diet for our pupils and the ability to learn effectively. We also recognise the role the school can play, as part of the wider community, to promote the health and well-being of pupils, staff and families.

Responsibility
It is the responsibility of all staff to implement our Healthy Schools Food Policy. However, those implementing it on a daily basis will be the MDSAs, the catering contractors and the staff on duty at break times. The policy will be monitored by our Healthy Schools Subject Lead, and will be reviewed every two years. Governors will be informed of its progress and consulted should any changes need to be made.

The Role of the Healthy Schools Subject Lead

- It is the responsibility of the Healthy Schools Subject Lead and the Senior Leadership Team (SLT) to ensure that staff and parents are informed about the Healthy Schools Food Policy and that the Policy is implemented effectively.
- It is the Healthy Schools Subject Lead and the SLT's role to ensure that staff are given sufficient access to training so that they can implement the Policy.
- The Healthy Schools Subject Lead liaises with external agencies regarding any issues raised in conjunction with the schools Healthy Schools Food Policy.
- The Healthy Schools Subject Lead monitors teaching and learning about Healthy Eating and adopting a Healthy Lifestyle.
- The Healthy Schools Subject Lead encourages staff to be positive role models by encouraging healthy options for staff 'treats'.

The Role of Parents
The school is aware that the primary role model in children's healthy eating education lies 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 our Healthy Schools Food policy and practice
- Encourage parents to be involved in any modifications to the policy that are deemed necessary
- Inform parents about best practice with regard to healthy eating so that parents can support the key messages being given to their children in school

The Role of the Governors

The Governing body is responsible for monitoring the Healthy Schools Food Policy. The Governors support the Head teacher in following the guidelines from external agencies. The Governors inform and consult with parents about the Healthy Schools Food Policy of Winterbourne Earls CE Primary School.

Monitoring and Evaluation

- The effective implementation of this policy will be monitored by the PSHE Healthy Schools Subject Lead, the SLT and the Governing body
- The Healthy Schools Food Policy will be reviewed after 2 years.

Teaching and Learning

At Winterbourne Earls we regard Healthy Eating as a whole school issue and many opportunities to teach about the importance of living a healthy lifestyle occur through:

- Topics and themes
- Whole school projects e.g. World Kitchen
- Science units
- PSHE units – Healthy Me
- Design technology
- Food technology
- Religious Education
- Worship topics – Trussell Trust/other visiting speakers
- Physical Education
- Special days and weeks
- Discussion between teachers and pupils
- Special workshops – visits to Pizza Express and Wagamama's
- Extracurricular activities – Cookery club, Gardening club

School Meal Provision

Cooked School Meals:

All our cooked school meals are provided by a contracted caterer (Cleverchefs) which has a Healthy Food Policy as part of its tender. This includes the use of fresh fruit and vegetables every day as a choice for our children. The meals are prepared in our own school kitchen and provide a choice of two main meals, one being a vegetarian option, both of which pay regard to the nutritional balance and healthy options guidelines. Menus are supplied by the caterers and are available for our parents and for the pupils on a daily basis.

Packed Lunches:

Many of our children bring a packed lunch to school and we encourage Parents and Carers to include a chill pack within the box or bag, as these are stored in the class cloakroom until lunchtime. Children who bring a packed lunch eat alongside their peers in the dining hall and are also assisted by the MDSAs. The partnership between home and school is critical in shaping how young people behave, particularly where health is concerned. We encourage Parents and Carers to provide healthy options for their children and we ask them not to send in fizzy drinks or sweets, suggesting instead fruit juices, milk drinks, or healthy snacks such as cheese, raisins or other fruit. Our children also learn about healthy packed lunches through several curriculum areas. (See above)

Dining Hall Environment

At lunchtime our hall is a busy, vibrant, social environment. Due to the number of children and the size of our hall, we have two sittings at lunchtime. The first sitting is at 12.00 am for KS1 children and any children attending later lunchtime clubs, the second sitting is at 12.30 pm for KS2 children. The MDSAs and SMT are responsible for the well-being of our children in the dining hall at lunchtimes. They do this through careful organisation of each class as they come into the hall, by assisting those children who need help and by monitoring the noise level.

In order to keep the hall a pleasant and sociable environment for everyone, our MDSAs encourage children to chat to their friends using an appropriate voice level and by recognising positive behaviour with stickers and Good Citizen Rewards and Awards. Year 6 children also help as table monitors, encourage good manners and remind younger children to talk quietly.

Other food in school

School fruit and vegetable scheme:

The school is fully involved in this government initiative which provides every child aged 4 – 7 years with the option of a free piece of fruit or vegetable every day. If a child does not want the fruit on offer, we ask our parents to send in an alternative piece of fruit or vegetable that they know their child will eat.

Snacks:

KS2 children are encouraged to bring in their own fruit or vegetables from home to eat during morning playtime and we ask parents or carers not to send in sweets, chocolate, crisps, biscuits or snack bars or any other less healthy option. This also helps with litter control in our school grounds.

Milk:

Parents are able to opt into the 'Cool Milk' scheme at their own expense and this is available for the children, from a centrally placed refrigerator, during morning break.

Special events, Celebrations and 'treats':

At our school there are occasions when treats, such as cakes, biscuits or drinks such as squash are available. Our school has a very active PTA that regularly holds events to raise funds. These sales are well supported by our parents and pupils. Our PTA members are aware or our Healthy School Food Policy and their need to promote the Health and Well-being of our children and will be mindful of this when promoting their events and selling any produce.

We also have timetabled cookery sessions throughout the school which include cooking and baking. Children learn the importance of eating healthily and understand the idea of a balanced diet. They learn how to adapt recipes for different dietary, health or 'audience' needs. For example, children might create healthy fruit kebabs, Bolognese sauces, or biscuits for a party.

Children may also have the opportunity to attend Cookery club and Gardening club at certain times of the academic year and, again, Healthy Eating and a Healthy Lifestyle are promoted.

Ever mindful of children with allergies, we ask that cakes are not sent to school on children's birthdays but suggest children bring a small bag of sweets that can be given out at the end of the day, giving parents a chance to monitor this.

Specific issues

Ethnic and Cultural diversity:
Different ethnic and cultural groups may have different attitudes to Healthy eating. Where possible, our school will consult children, parents and carers about their needs, take into account their views and promote respect for and understanding of the views of different ethnic and cultural groups.

Food preparation
Contracted catering staff are fully trained in food preparation and hold basic food hygiene certificates. A designated member of staff has attended a Food Preparation course and cascaded the information to other staff members.

Hygiene
All of our children are encouraged to wash their hands after going to the toilet and before handling food. All government regulations appertaining to food hygiene are complied with by the contracted catering staff.

Allergies
We advise our parents to inform the school if their child suffers from an allergy, identifying the food to which he/she reacts and the usual symptoms of the reaction. To ensure all staff, including supply staff, are aware of specific child allergies, a list of health issues is available for staff, with a copy to view in the school office. Our children with allergies are also identified for our catering staff and MDSAs. Vulnerable children, such as these, are regularly highlighted at staff meetings and the school may work with parents to create risk management plans.

Nut Allergies: We are a 'nut free zone'. We ask parents to refrain from including food products that contain nuts in packed lunches or for special events. Staff are also aware that they too should refrain from including nut products in their lunch provisions or break time snacks. We aim to provide a safe classroom environment where a range of different allergies are catered for. Activities in class (such as practical science experiments) are carefully planned with the needs of children with allergies at the forefront. When edible treats are offered, care is taken to ensure similar alternative treats are available for those with dietary needs in conjunction with parents.

Water and other drinks
Water provision:
All of our children and staff have access to drinking water at all times. Children and staff are encouraged to bring in a water bottle from which they can drink at regular breaks and lunchtime. We encourage our parents and carers not to send fruit juice or flavoured water in to school in these bottles, as regular sips of these during the course of the day can contribute to tooth decay and digestive discomfort. However, fruit juice or squash (not fizzy drinks) are encouraged as part of a healthy lunch box.

Personal water bottles are easily accessible within classrooms and all taps provide drinking water for refilling bottles. Younger children receive regular reminders by staff to drink water throughout the day. Children are encouraged to take their water bottles with them when participating in sports activities outside.

All staff are also encouraged to provide themselves with a healthy snack, to drink water at regular intervals throughout the day and to take a reasonable lunch break in order to eat a healthy midday meal.