

Whitwell Primary School



School Food Policy

The Governing Board adopted this policy on **27th November 2025**

Signed _____
Chair

Record of Policy Reviews & Amendments

Date	Any changes made?
16.10.2025	New Policy based on DFE guidance, EYFS Framework and previous policy content.

School Ethos

At Whitwell Primary School we recognise the important part that a healthy diet plays in a child's wellbeing and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy choices. We want to ensure the school plays its part in the larger community by helping to promote family health and sustainable food and farming practices.

The importance of a balanced diet is consistently communicated throughout the school day including trips and events. Staff are encouraged to participate by drinking water and modelling healthy eating as a valuable part of daily life.

It will be made clear that the emphasis placed on a balanced diet is to enable safe and effective learning as well as providing a foundation for good health.

Aims and objectives

- To ensure that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure that the provision and consumption of food is an enjoyable and safe experience.
- To ensure that the whole school community understands that a balanced diet is recommended.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

Curriculum

Food Technology is taught for a termly block during Design and Technology lessons with the children learning how to plan for and prepare a series of healthy foods using progressively difficult skills.

Children are taught the importance of healthy eating and lifestyles in PE and Science lessons.

They also learn about a healthy 'brain' and the importance of hydration in PSHE.

Occasionally, learning about and trying different food is also embedded in other curriculum areas such as French, RE and History/Geography.

Curriculum delivery may involve cooking, food preparation, visits, celebrations, visitors, role play, learning about allergies and will be adequately resourced. At such times food hygiene principles are followed. As well as our catering staff, several other members of staff hold Food Hygiene Preparation Certificates.

The context of a balanced diet makes this entirely appropriate provided everyone's dietary needs are met. An attempt will be made to avoid foods containing high levels of fat, sugar and salt.

Breakfast Club

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The school runs a daily breakfast club for pupils from 7.45am – 8.45am. There are always healthy cereals and toast or breakfast bread products for the children, alongside juice, milk and water.

Break time

All Foundation Stage and Key Stage 1 children are provided with one free piece of fruit or vegetable each day as part of the National School Fruit and Vegetable Scheme.

Once in Key Stage 2, free fruit is not provided but children may bring fruit or vegetables as a snack.

KS2 Tuckshop

Each week the Key Stage 2 children have the opportunity to spend some of their 'wellians' to purchase either fruit or biscuits/flapjack/crispy buns that are baked in the main school kitchen. These are made by Derbyshire County Catering following the National Food Standards.

Lunch time

We will provide our pupils with the opportunity to eat a healthy, balanced meal and will ensure a range of meals which take into account health needs and religious and ethnic preferences.

All school meals are cooked on the premises and provided by Derbyshire County Council. All menus meet and exceed the current Government School Meals nutritional standards. These are shared with families each week. It is recognised that eating together is a fundamental experience for all; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

We provide Universal Free School Meals for all children in FS2 and KS1 and encourage parents to take up this offer. We are committed to providing food which is compliant with all national guidelines. Children in KS2 pay for their school meals, unless entitled to Free School Meals.

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do.

Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.

Some families prefer to provide a packed lunch and we aim for packed lunches to be as healthy as they can be. If children do have a packed lunch this guidance supports parents to make informed choices to create it healthily.

Packed lunches provided for school trips from the school kitchen, as part of our Free School Meal provision, comply with National Food Standards.

Packed Lunch Guidelines

We would like to encourage parents to provide a healthy lunch box for their child. Government guidelines recommend:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, and falafel) every day.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Only water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Chocolate and sweets are not encouraged as snacks or in packed lunch boxes.

Allergy Awareness

The school is aware of food allergies, has procedures in place to manage food allergies and other special dietary requirements within school.

Due to having children with severe allergies in school, who can be seriously affected by someone else who is eating - or may have recently eaten – nuts, we do not allow nut products in school.

We would ask that parents do not send their children to school with any products that contain nuts; although these products can be considered as healthy, they could be a danger to other children with allergies.

Foods that contain nuts should not be included in children's lunch boxes, such as:

- Peanut butter or Nutella sandwiches
- Some muesli/cereal/granola bars that contain nuts
- Cakes that contain nuts
- Biscuits / cookies that contain nuts
- Containers with whole nuts, such as peanuts, brazil nuts, almonds etc

This list is not exhaustive, so we please ask parents to check the packaging of products closely to check if they have nuts as an ingredient. Many product labels say that it "may contain nuts" and this tends to be manufacturers being cautious. These products may be sent into school.

The school does recognise that some pupils may have verified medical conditions requiring special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.

Special Dietary Requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Whitwell Primary is an allergy-aware school and staff are vigilant about items which are brought in from home for packed lunches and treats that are brought in to share in class and in the staffroom.

Individual care plans are created with parents for pupils with food allergies. These are displayed in a sensitive way and are shared with all relevant staff.

The school does recognise that some pupils may have verified medical conditions requiring special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.

Water

Health benefits of drinking water are widely acknowledged. In line with the School Food Standards, the whole school community should have access to free fresh drinking water throughout the school day. The School Food Standards state, “Water should be the default drink for every child. The more it is offered, the more readily they will accept it. Sugary or sweetened drinks often have no nutritional value, contribute to weight gain, and can cause tooth decay.”

All children are encouraged to bring a named water bottle with them and are encouraged to drink water regularly throughout the day. Each classroom has access to fresh water to refill bottles.

Children must not bring fizzy drinks, energy drinks or glass bottles/cans to school or for school visits.

Milk

Before morning break time your child may have a drink of milk. This service is available free of charge to all children up to 5 years old, once they turn 5 years old there is a weekly cost. Parents may provide a substitute to cow’s milk, if they choose to do so.

To order milk for a child after their 5th birthday, parents must do this via cool milk. Please see the school website for details or call the school office.

Early Years Foundation Stage

The DFE 2025 Early Years Framework is very clear on expectation.

“Where children are provided with meals, snacks, and drinks, these must be healthy, balanced and nutritious. To understand how to meet this requirement, providers must have regard to the ‘Early Years Foundation Stage nutrition guidance’. Fresh drinking water must always be available and accessible to children. “

It also states that children must be forward facing to an adult and within hearing distance whilst eating. This means that children in nursery and reception classes have their snack in the classrooms or sitting together outside, before they go out to play.

Staff and Visitors

Staff will be encouraged to model the food policy. Visitors will be offered refreshments, with a choice that contains a healthy option.

School Visits and Events

Food served at events and offered on trips will be consistent with the school policy.

We want to give children the chance to celebrate their birthdays. We ask that cakes are wrapped and unopened and that parents are considerate of allergies. If a cake is home-made we ask that a list of ingredients is attached to the tin.

Any birthday 'treats' are shared at the end of the day. We always tell the children to ask their adult before eating them.

During the year the children are often able to spend their 'Wellians' on treats. Sometimes these involve food and/or a drink, such as hotdogs around Bonfire Night or a drink of hot chocolate with a biscuit in the colder months. These events are always advertised for the children. If you do not wish for your child to have these please speak to their class teacher.

Equal Opportunities

Provision is allowed for special diets e.g. medical, cultural, vegetarian. Free school lunch provision will be handled sensitively.

Role of Governors

Governing boards have a key role to play in food in school. They have a duty to ensure that healthy eating is promoted, encouraged and embedded within the school ethos.

The Governing Board is responsible for ensuring that the National School Food Standards are met.

Monitoring and Evaluation

The Senior Leadership Team will monitor the effectiveness of this policy ensuring that training and resourcing are appropriate and up to date.

Further Information

<https://www.gov.uk/government/publications/standards-for-school-food-in-england>

https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf