North Wootton Academy
Priory Lane
North Wootton
Kings Lynn

Norfolk PE30 3PT

Name of policy:	Healthy Eating
Lead member of staff with responsibility for this policy:	Mr J Grimsby
Date of governors meeting when policy agreed:	September 2026
Type of governors meeting:	School Council
Date of implementation:	September 2028
Details of dissemination:	Staff: SMT Meeting Staff Meeting Parents/Carers: This policy is available on our school website and is available on request from the school office.

Frequency for review:	Annually
Next due for review:	September 2028

1. **Introduction**

Our Academy is trying to establish a clear vision of the type of learners and future citizens that we develop in order to support our community. Central to our approach are the values of TEAMWORK which provide a set of core values that will successfully underpin the expectations that we have of others and ourselves. This policy sets out how we aim to help our pupils eat healthy foods and respect their bodies – R espect being one of our school values.

North Wootton Academy is dedicated to providing an environment that promotes healthy living and enables pupils to make informed food choices. One aspect of this is through our whole-school approach to food provision and food education documented in this policy. We are aware that this approach will impact upon all stakeholders particularly parents and therefore will be formulated through consultation between members of staff, governors, parents and pupils.

2. **Aims**

The main aims of our school food policy are:

- To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards.
- To support pupils to make healthy food choices and be better prepared to learn and achieve.
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.

3. **Out of School Impact**

The school is acutely aware that this policy, more than most, has the potential to cause impact beyond the school day and the school gate. This policy is not intended to pass judgement on what parents and carers feel is an appropriate diet for their child in general. Although inevitably with pupils from over two hundred different families, there will be different views as to what may constitutes a healthy lunch and this has the potential to cause disruption to established eating habits in some cases.

However, in the same way that all would most likely agree that a doner kebab and red bull for lunch would be inappropriate, it is clear that boundaries can be drawn as to what may be suitable for eating in school as opposed to home, just as we do within other policies such as behaviour and uniform.

The aim of this policy is to attempt to state a set of guide lines that will enable the school to better develop the *'pupils' understanding of how to keep physically healthy, eat healthily and maintain an active lifestyle'* as we are required to do by OFSTED. If we did continue to allow pupils to bring in chocolate bars on a daily basis, we would essentially be promoting the opposite.

This is not only unhealthy for the child themself but will also negatively impact the families of those making healthy choices as their children may challenge as to why they have to take a healthy snack each day when others do not, thus reducing the level of healthy eating overall.

4. Food throughout the school day

Therefore, we have tried to give specific advice as to what any of our pupils may see and experience in regard to healthy food options each day. This is not an exhaustive list and we are always open to further discussions as to what may be a suitable food to bring into school. In addition, we are very aware that many pupils have specific diets agreed by medical professionals that would fall outside the scope of this policy.

A) Breakfast

Our Breakfast Club items offered for a small fee include cereal, fruit, yoghurt, toast and pancakes.

B) School Lunches

Our school meals are provided by Aspens and are cooked on site in line with the Government's nutrient and nutritional values to ensure they provide a balanced diet.

Menus change twice a year and are served on a three-week rotation, to ensure this balance.

Meals for all children up until the end of Year 2 are provided free as part of the Government's Universal Infant Free School Meals (UIFSM) programme and we highly encourage their use.

To accommodate a range of diets and preferences, pupils can choose daily from a hot meal, pack lunch or jacket-potato with each including a vegetarian option; all of which have been planned with balance in mind.

C) Home Lunches

As noted, academy provided meals have to stick to agreed nutritional standards by law, whereas home lunches do not. However, the school does have to monitor the appropriateness of lunches and ask parents to consider these choices as we are still responsible for what is eaten in school.

We understand that this may have to result in difficult conversations at times, but is necessary to ensure that pupils are being exposed to a healthy and balanced lunch. As a general rule, the school would not wish to see chocolate bars and sweets, fizzy or highly sugared drinks and would prefer a variety of food choices over the week to ensure balance.

In addition, as much as possible, the school would like to remain nut free due to the number of pupils in the school with such an allergy. We have some additional allergy concerns that will be shared with specific classes also such as red berries.

Finally, the increasing inclusion of protein-enhanced foods may be questioned as these are generally designed for adults rather than children and can exceed a healthy level of daily intake.

With all of these, pupils may be asked to leave these in their lunchbox and eat at home if there is a continued inclusion of such items.

D) Break Time Snacks

All children in Reception and KS1 are entitled to receive a free piece of fruit or vegetable each school day as part of the Government's School Fruit and Vegetable Scheme (SFVS). This is eaten at morning break time. Alternatively, they can bring in their own fruit or vegetable to eat.

This scheme provides one of their 5 A DAY portions, and it also helps to increase awareness of the importance of eating fruit and vegetables, encouraging healthy eating habits that we wish to continue throughout the school and into later life.

All children in KS2 can purchase a healthy snack from our kitchen during morning break which will either be fruit, plain popcorn or cheese and crackers. Therefore, KS2 pupils are asked to eat a similar snack of fruit, vegetables, crackers or a cheese/yogurt-based food.

Everything else, we will assume is meant to be included in their lunch and children will be asked to return this to their lunchbox to eat later. This also enables staff to prevent pupils trying to eat all their lunch at break in order to have a longer lunch.

Again, the school will ask children to take any chocolate bars and sweets back home to eat.

E) After School Club

We operate a tiered pricing structure for our After-School Club to offer affordable and flexible choices for parents. Prices are fully inclusive of all activities and will include a healthy snack from those staying after 4:15. The snack is currently rice cakes, popcorn, bread sticks or fruit.

F) Drinks

The classroom is a water only place, with the exception of the free milk entitlement for all primary and secondary free school meal pupils.

We ask that all pupils bring water with them each day and are given regular access to this. In addition, all classes have facilities to refill these.

Whilst this is an aspect of healthy nutrition, this is also a practical decision to prevent books being ruined by sticky spillages and preventing ants in the warmer months.

However, we are aware that some pupils are required to drink sugared drinks as instructed by the doctor. In this case, please contact the office with a note outlining this and we will make special provision, keeping their drink in a separate location.

G) School trips

Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described elsewhere in this policy.

Note: Children up until the end of Year 2 will also be offered a free packed lunch if they are out on an educational visit or sporting event over the lunch period.

This is provided free as part of the Government's Universal Infant Free School Meals (UIFSM) programme.

4. **Rewards**

The school does not expect food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used as outlined in our behaviour policy.

5. Birthdays and Special Occasions

We ask that treats for the class are not sent in as we have many children with allergies and this could easily cause an unplanned and dangerous exposure. In addition, this can result in the giving out of sweets several times each week which is not consistent with this policy. Instead, we would like the offer any child the opportunity to wear non-uniform to school on the day of their birthday as a special way of marking the day. For those on a weekend or holiday, we will suggest the Friday before (or Thursday should we have a non-uniform day on this day anyway).

However, for celebration events such as religious festivals, we will continue to have traditional food in school that may be seen as unhealthy such as Easter Eggs at Easter, but will seek parental permission and allergy requirements before the event. These events are spaced throughout the year and therefore, it is felt that this still sits within the teaching of a balanced diet. We are aware that we have families from different cultures, which may also involve the sharing of food at key celebration and would ask that, they contact the office should they wish to share these on their special days when we will also seek permission.

6.Curricular and extra-curricular activity

Healthy eating is taught throughout each key stage in Science, PSHE/RSE and Design Technology. It is considered fundamental and carefully placed within our school curriculum to ensure it progresses through each year group at an age-appropriate level.

Throughout the year, there may be time in which food may be produced within lessons and may be eaten within class; parents will be notified of any such events. Part of this learning will be to focus upon the nutritional value of what is produced and discussed in terms of the frequency with which such a meal may be eaten.

7. Special Dietary Requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with food allergies. Pupil's food allergies are made known to the appropriate staff.

8. Expectations of staff and visitors

The school expects staff to contribute to and support this healthy eating policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils. The only main difference should be in regard to the drinking of coffee and tea which is permitted for adults.

9. Parents, carers and family members

Our relationships with parents/carers is very important and we appreciate that their support is essential in achieving the aims of this policy. Therefore, we would look to support them with information and advice around food when appropriate, so that they are best prepared to make healthy choices for their families.

10.Role of Governors

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

The Governing body is responsible for ensuring that the national school food standards are met.

11.Links to other policies

Other existing school polices link to various aspects of this healthy eating policy such as:

- Breakfast and After School policy
- Curriculum policy
- Science policy
- PHSE policy
- RSE policy
- Design and Technology Policy
- Positive Behaviour Policy

12. Monitoring and review

This policy has been developed in consultation with staff, pupils, parents/carers and governors. The policy will be reviewed every 2 years.

Review Date: September 2028 – or sooner in line with proposed government changes