

St John's Highbury Vale CE Primary School



'I can do all things through Christ who strengthens me' **Philippians
4:13**

Healthy Eating Policy

Review Date: Feb 2027

A Rights Respecting School

(UN Convention on the Rights of the Child)



Article 3: The best interests of the child must be a top priority in all decisions and actions that affect children.

Article 29: Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for their parents, their own and other cultures, and the environment.



All Saints Partnership

Excellence and Enjoyment for All

An Introduction to All Saints Partnership

All Saints' Partnership Statement of Intent:

The All Saints' Partnership, comprising St Mary Magdalene & St Stephen's in Westminster, St John's Highbury Vale in Islington, and St Paul's in Hammersmith & Fulham, St Andrew's (Barnsbury) is committed to providing a nurturing and inspiring environment where every child is empowered to reach their full potential. Grounded in our Christian ethos and guided by our values, we strive to create a vibrant and dynamic educational experience that prepares our pupils to lead fulfilling lives and contribute positively to society.

Through our Partnership vision of 'Excellence and Enjoyment for All', we aim to provide a holistic education that fosters spiritual growth, academic excellence, and personal development. Each school is dedicated to being anti-racist institutions by promoting equity & equality, challenging discrimination and celebrating diversity in all its forms.

We believe that collaboration is the heart of educational excellence. Combining our strengths and resources to provide innovative opportunities and an overall better quality of education for all our pupils. Together, we are stronger!

Healthy Eating Policy

Safeguarding

STJHV is committed to safeguarding and promoting the welfare of its pupils. We believe all staff and visitors have an important and unique role to play in the protection of children.

Introduction

STJHV is dedicated to providing an environment that promotes healthy food and eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy. This policy covers all aspects of food and drink at school.

The policy is on the website and is communicated to the entire school community through ClassDojo. It is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school during the day and our partners that share our school premises.

The nutritional principles of this policy are based on current evidence-based findings; and the 'Eatwell Plate' is the agreed model for ensuring a healthy balanced diet.

[The Eatwell Guide NHS](#)

www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material

Curriculum

Rationale

STJHV is a healthy school working through the objectives to achieve the London Healthy School Award. We consider all elements of our work to ensure that we promote health awareness to all members of the school community. We provide valuable role models to pupils and their families with regard to food and healthy eating patterns. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims and Objectives

- To encourage all children to be responsible for their own health and choices.
- To contribute to the healthy physical development of all members of our school community.
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To ensure that we are giving consistent messages about food and health

Food Across the Curriculum

In EYFS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as preparing and cooking food. Across **Science, Design and Technology (DT), and PSHE**, healthy eating is an important and carefully planned aspect of our curriculum. From **EYFS through to KS1 and KS2**, pupils are given regular opportunities to develop their knowledge and understanding of health and wellbeing, including learning about balanced diets and healthy eating patterns. Through practical experiences such as food preparation and cooking, children also develop essential life skills and gain a clear understanding of where food comes from. This progressive approach ensures that pupils build both the knowledge and practical competencies needed to make informed, healthy choices as they grow.

Every year group completes a cookery unit as part of the DT curriculum, which always includes aspects of health and nutrition. All children also have additional cooking lessons twice each half term. In PSHE, children learn about a healthy diet. In PE, children learn how to stay healthy and understand the importance of a healthy lifestyle. They then move on to exploring how food plays an active role in maintaining good health. In Science, children learn about the different food groups and the amounts of each that we need to eat.

Healthy Eating Policy

School and food provision throughout the school day

Breakfast club operates on a daily basis in the school for all children. The food offered is healthy and is consistent with a healthy diet. We provide toast, bagels, a range of low sugar cereals, yoghurt and fruit. Kidz Club also operates daily and children are offered a healthy snack of filled bagels, yoghurt and fruit. STJHV participates in the Government initiative to provide all foundation and Key Stage 1 children with free fruit and vegetables during the day. All children are encouraged to bring fruit to school – only healthy snacks are allowed.

School lunches and packed lunches

All primary school children in London's state-funded schools receive free school meals. Children are provided with a choice of meals including a hot, cold, vegetarian and salad option, all of which pay regard to nutritional balance and healthy options. This includes the use of fresh fruit and vegetables each day as a choice for the children. Menus are displayed on the school website for parents and carers to view and choose their meals. For those children who bring packed lunches to school, we have guidance on what should be included in a healthy and balanced packed lunch. All children have access to cooled water at lunch time. The school regularly monitors the contents of lunch boxes and helps children to make informed choices about what is healthy / less healthy to eat.

Use of food as a reward/birthdays and special occasions

For birthday's children are able to bring in a small treat to be sent home with their classmates so that parents/carers can make the decision as to when or if they can be eaten. There are other occasions like Christmas parties, Bronze, silver and gold award parties where children are allowed a treat. These treats are provided by school and range from pizzas, cupcakes, crisps, hot chocolate etc.

Water only school

Water is freely available throughout the school day to all members of the school community. Every child is reminded to bring in a bottle to store their water in. Children may drink their water at any time.

Special Dietary Requirements

Vegetarian diets

School caterers offer a vegetarian option at lunch every day.

Special Diets - Medical

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. Individual care plans are created for pupils with special dietary needs/requirements. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements. The school and school caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process. The children are photographed and their picture is kept in the kitchen, their classroom and the office with their exact dietary requirements.

Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include ensuring that adequate storage and washing facilities are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas.

The food and eating environment

The school will provide a clean, sociable environment for pupils to eat their lunch and has developed the healthy/welcoming aspects of the dining room environment. Lunch time supervisors help to ensure a safe, enjoyable experience at lunchtime and are able to encourage healthy eating. Leading by example and staff training teachers, caterers and lunchtime supervisors have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. As a school, we ensure we model drinking water in front of children, we model healthy eating in front of the children and staff will often eat their lunch with children to model good eating behaviour. It is essential that staff are committed to setting an example with food in school.

Healthy Eating Policy

Partnership with parents and carers

The partnership of home and school is important in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. Parents and carers are regularly updated on our water and packed lunch policies. We encourage parents to choose healthy options for packed lunches.

What Goes in my Lunchbox

FRUIT (2 PIECES)	
SANDWICH, WRAP OR ALTERNATIVE	
DAIRY	
VEGETABLES (2 PIECES)	
FIBRE/GRAINS (Wholegrains)	
WATER	