St Giles' C.E. Primary School

As a BRONZE school we have:

• Have committed to improve their school food culture by developing a school food policy.
• Meet Bronze Food for Life Served Here Award standards which shows that school food is healthy and uses seasonal ingredients that are at least 75% freshly prepared
• Involve pupils and parents in planning improvements to school menus and the lunchtime experience, boosting school meal take-up
• Give every pupil the opportunity to visit a local farm, and take part in cooking and food growing activity.

Article 24 (health and health services) Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this.

Healthy Eating Policy

Introduction

St Giles CE Primary School is committed to safeguarding pupils with food allergies and medical dietary requirements. The school recognises its responsibility to minimise risks associated with allergen exposure and to create a safe, inclusive environment for all members of the school community. Procedures relating to food provision, food sharing and allergy management reflect current guidance and the principles promoted through Benedict's Allergy Law.

As a school we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other. We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

1. **Aims and Objectives**

1.1 To improve the health of pupils, staff and the whole school community by helping to influence
eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.

1.2 To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.

1.3 To ensure that food provision in the school acknowledges the ethical and medical requirements
of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.

1.4 To introduce and promote practices within the school to reinforce these aims and to remove or
discourage practices that negate them.

2. Organisation – Curriculum

2.1 We regard healthy eating education as a whole-school issue, and we believe that opportunities
to teach about the importance of living a healthy lifestyle occur throughout the curriculum.
2.2 Healthy eating education forms an important part of our school's curriculum. The importance of
balanced nutrition and healthy food choices is explicitly taught through the Science, D.T. and PHSE curriculum.

2.3 All pupils have the opportunity to learn about safe food preparation and to learn about where
food has come from. Pupils learn about the requirements for plant growth, the food chain and the
components of a healthy diet through the Science curriculum

3. Organisation – Management of Eating

At St Giles CE Primary, we have agreed the following statements:
3.1 Pupils in KS1 will benefit from the free Fruit and Vegetables Scheme. These pupils will be
encouraged to eat their piece of fruit as part of their daily break time. Children will also have the opportunity to purchase toast each morning.

3.2 To ensure consistency across the school KS2 children are to eat only fruit, vegetables or toast at break time. The staff have the right to confiscate any alternative snacks that the children bring onto the playground. Children are also only allowed to drink water on the playground and in classes.

3.2 All children are encouraged to bring in a water bottle so they can have access to water throughout the day. Water fountains are also provided in the school for additional access to drinking water.

3.3 Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as part of lunch boxes. Chewing gum and fizzy drinks are not permitted on school premises or while the children are representing the school. Cereal bars are also discouraged because these can often contain as much sugar as chocolate bars.

3.4 Pupils' lunch boxes should offer balanced nutrition. Across a week parents are encouraged to
offer a variety of healthy foods.

3.5 The contents of pupils' lunchboxes will be monitored e.g. once a term, by the senior leaders/or school governor.

3.6 Celebrations and Food Sharing

From **1 September 2026**, St Giles CE Primary School will not permit children to bring food items into school to share with their class or other pupils.

This includes, but is not limited to:

- Birthday cakes
- Sweets and chocolates
- Home-baked goods
- Party bags containing edible treats
- Cultural celebration foods intended for sharing
- Any other food items distributed by pupils or families

This measure has been introduced in line with the school's commitment to safeguarding pupils with food allergies and medical dietary requirements and to support the principles of **Benedict's Allergy Law**.

The school recognises that food allergies can be serious and potentially life-threatening. By removing food-sharing activities, we aim to reduce the risk of accidental allergen exposure and promote an inclusive environment where all pupils can safely participate in celebrations.
Parents and carers are encouraged to celebrate special occasions through non-food alternatives such as:

- Donating a book to the class
- Providing pencils, stickers or bookmarks
- Sharing a favourite story
- Supporting a special class activity
- Receiving school recognition through certificates or acknowledgements

3.7 Food Allergies and Dietary Requirements

The school community is aware of the increasing prevalence and seriousness of food allergies. Parents or carers of children with medical dietary requirements, allergies, intolerances, or religious dietary needs are asked to provide relevant information to the school. Appropriate arrangements will be made to support individual pupils and minimise risk.

Staff will receive appropriate information regarding pupils with allergies and dietary requirements, in accordance with data protection and safeguarding requirements.

The school will work closely with parents, healthcare professionals and catering providers to ensure that pupils with allergies can safely access school meals, activities and educational visits.

3.8 Packed Lunches

Pupils are taught not to share food, snacks or drinks with others. Parents and carers are strongly encouraged to avoid sending food items containing nuts or nut products in packed lunches.
While St Giles CE Primary School cannot guarantee that the site is completely nut-free, every reasonable effort will be made to minimise the risks associated with allergens and cross-contamination.
The school operates a no food-sharing policy between pupils and will continue to educate children about the importance of respecting individual dietary and medical needs.

4. Portion – no child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to “try a little bit more” if they can to ensure that they are not hungry later on in the day.

4. School Meals

4.1 The hot meals service is offered through Walsall Council Catering Service. We work closely with the school cook to ensure the healthiest possible meal is provided.

Each day a choice of salads and fresh fruit are offered as possible choices. There are strict guide lines determining the meals that are available through the course of the week and these are in accordance with the new Healthy Food Standards in Schools which came into force in 2006.

4.2 The weekly school lunch menu is displayed in the front entrance for parents. The weekly lunch
menu is sent home on a termly basis for parents and children to discuss meal choices.

5.1 The dining room is well staffed with midday supervisors and older pupils who assist the children in a variety of ways such as opening yogurt lids or helping the children to salad, keeping table surfaces clean and tidy.

5.2 The tables and chairs are bright and attractive and allow for the pupils to sit in friendship groups promoting the idea that lunch times are a happy, social occasion. A well stocked salad bar is available for the children to help themselves.

5.4 Children will be encouraged to develop good eating skills and table manners at lunch time and
will be given plenty of time to eat. This will be achieved by:

- • Sitting freely with their friends if they demonstrating appropriate, acceptable behaviours i.e. packed lunches and school dinners sitting together
- Older Year 6 buddies may help younger children with their lunch in a variety of ways including accessing the salad bar, cutting up food etc
- Being encouraged to try a wide range of foods at lunchtimes to develop a taste for a greater variety of foods and achieve a balanced diet.
- Entering and leaving the dining hall in an orderly way; to show respect for other diners
- Parents or carers will be advised if their child is not eating well
- Demonstrating good manners in the hall e.g. using quiet partner voices and saying “please” and “thank you” to the cooks, MDs and other pupils
- Seeking permission from a Midday Supervisor before eating dessert and leaving the table

6. The role of the PSHE/ Healthy Food Co-ordinator:

6.1 It is the responsibility of the co-ordinator to ensure that staff and parents are informed about the healthy eating policy, and that the policy is implemented effectively.

6.2 It is the co-ordinator’s role to ensure that staff are given sufficient training, so that they can teach effectively.

6.3 The co-ordinator liaises with external agencies regarding the healthy eating education programme and ensures that all adults who work with children on these issues are aware of the school policy and work within this framework.

6.4 The co-ordinator monitors teaching and learning about healthy eating. The co-ordinator oversees the content of the curriculum maps to ensure that all pupils have the opportunity to learn about healthy eating.

6.5 The co-ordinator encourages positive role models amongst the staff by encouraging healthy options for staff 'treats' such as fruit.

7. The role of parents:

7.1 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 the school healthy eating education policy and practice;
- Encourage parents to be involved in reviewing school policy and making modifications to
  it as necessary;
- Inform parents about the best practice known with regard to healthy eating so that the

parents can support the key messages being given to children at school.

8. The role of Governors:

8.1 The governing body is responsible for monitoring the healthy eating policy. The governors
support the Headteacher in following guidelines from external agencies. Governors inform and
consult with parents about the healthy eating policy as required.

9. Monitoring and Evaluation:

9.1 The effective implementation of this policy will be monitored by the co-ordinator, the Headteacher and the governing body.

Reviewed: 11.11.26
To be reviewed: 30.11.28