Healthy Food Policy

Newlands Junior School
We are Proud

September 2025

INTRODUCTION

Newlands Junior School 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 was formulated through consultation between members of staff, governors, caterers, parents/carers and children. It is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school during the day.

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.

www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx

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

Standards for school food throughout the school day are in place. www.childrensfoodtrust.org.uk
Further information can also be found in the School Food Plan (July 2013)
www.schoolfoodplan.com

POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by Mrs Martin
and the member of the Senior Management Team that oversees all aspects of food in school is Mrs Castledine

FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes

2. To provide healthy food/drink choices throughout the school day and ensure food brought into school is healthy too

3. To ensure that all aspects of food and drink in school promote the health and well being of pupils, staff and visitors to our school

These aims will be addressed through the following areas:

1. CURRICULUM

It is essential that nutrition education is embedded in the curriculum and there is consistency across different subjects e.g. science, technology, PSHE, PE and that it remains consistent with the whole school food policy. This includes lessons about how to maintain a balanced diet linked to the body as well as

cooking healthy food. A variety of outside providers are also used to carry out healthy food workshops across the school.

3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

National Nutritional Standards for food in schools became compulsory in June 2014.
Food and Nutrient based Standards covering all aspects of school food, form the basis for all food offered and eaten in school throughout the school day. Together they apply to all food and drink sold or served in schools up to 6pm: breakfast, lunch, tuck shops and after-school clubs.
(Full details and the documents and guidance relating to this are available form the Children's Food Trust) www.childrensfoodtrust.org.uk

BREAKFAST CLUB

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. The school operates a breakfast club that provides a nutritious meal for pupils before the school day and complies with the standards.
The breakfast menu includes cereal, toast and juice.

BREAKTIME SNACKS

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. We discourage the consumption of snacks high in fat and sugar at break-time and encourage a healthy snack. Sweets and drinks other than water are not permitted.

SCHOOL LUNCH

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. As a school we encourage pupils to have a school lunch provided by our catering service and free school meals are provided to all those pupils who are entitled to them. Healthy options are promoted at lunchtime. Children/young people are consulted regularly about food choices and appropriate menus are set.

PACKED LUNCHES (see healthy lunchbox policy)

The school encourages parents and carers to provide children with packed lunches that compliment the nutritional standards. This is achieved by promoting healthy balanced packed lunch options using the principles of the 'eatwell plate'. This will ensure children having packed lunches have a healthy balanced meal. Fizzy drinks and sweets are not permitted.

DRINKING WATER

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge. The school agrees with this recommendation and water is available to all children at lunchtimes. It also provides a free supply of drinking water through our special filter taps and will encourage pupils to drink at frequent intervals throughout the day.

4. SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS
The school provides food in accordance with pupils' religious beliefs and cultural practices as required. 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/carers are asked to make us fully aware of this. Individual care plans are created for pupils with special dietary needs/requirements. These document symptoms, adverse reactions and actions to be taken in an emergency as well as

emergency contact details, along with any particular food requirements e.g. for high-energy diets. The school caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to our agreed process.

5. THE FOOD AND EATING ENVIRONMENT

The school provides a clean, sociable environment for pupils to eat their lunch and has developed the healthy aspects of the dining room environment. This includes table monitors to tidy away and checking for food on the floor. Lunch time supervisors will help to ensure a safe, enjoyable experience at lunchtime.

6. CONSULTATION/MONITORING AND EVALUATION

This policy has been developed through wide consultation with the whole school community. The policy and its impact is reviewed on an ongoing basis.
The policy is communicated to the entire school community and new families/staff to our school are made aware of its importance.