

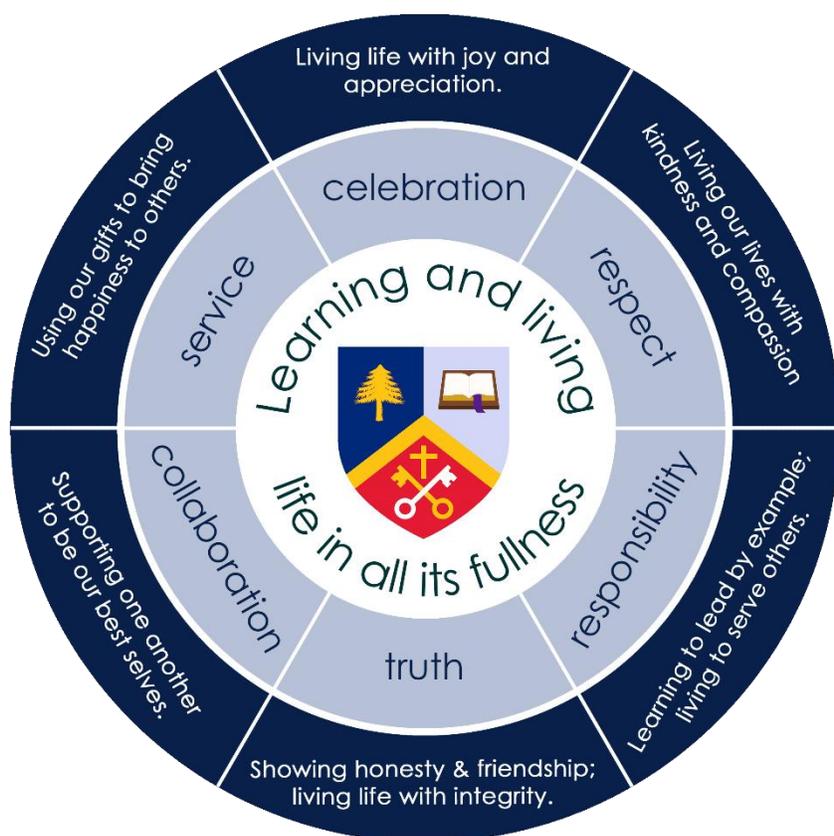


# St Peter's CE Junior School

*Learning and living life in all its fullness*

## Whole School Food Policy

**Autumn 2025**



**This school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.**

<b>Revised/Written by:</b>	Revised HHF
<b>Approved/Ratified by Governing Body</b>	Oct 25
<b>Date for Review</b>	3 years – Autumn 28
<b>Status</b>	Non Statutory

# Whole School Food Policy

This policy was drawn up in line with “School Food in England 2015” – updated June 2023

## Overall aim of the policy:

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to the school.

## The whole school food policy covers the areas of:

- Break time snacks
- School dinners
- Packed Lunches
- Water
- Curriculum

## Break time snacks (brought in from home):

- Children are allowed to consume fruit, vegetables and plain biscuits at break time.
- Children may also drink water.
- Children on special diets will be given special consideration.

## School and packed lunches:

The school will provide free school meals to all those pupils who are entitled to them. All school lunches will be prepared following the government’s [nutritional guidelines](#).

Children who have school lunches may choose from options provided by our chosen caterer, Aspens, each day. A meat and vegetarian option is usually offered, along with a daily jacket potato and pasta option.

## Eating arrangements:

- children are able to sit with friends.
- Fresh drinking water will be available to all.
- School staff are on duty in the lunch hall to promote a pleasant eating atmosphere and to encourage good social interaction. Pupil Voice will be considered to ensure that lunchtimes are enjoyable for all.
- Children who have packed lunches may sit in the hall or, during good weather, at tables provided outside.
- The school will work with parents to ensure that packed lunches contain healthy options.

## Water:

The school will encourage pupils to drink at frequent intervals throughout the day. Students will be allowed sports bottles in their classrooms unless health and safety rules forbid it. Pupils will have easy access to fresh drinking water throughout the school day.

- Free, fresh water will be available to all children throughout the day, including lunchtime.
- Children are encouraged to have a named bottle of water in class.
- Hygiene – water bottles should be taken home daily to be washed.
- Both during and after physical activity and during hot weather, children will be encouraged to drink more water.
- Drinking bottles **must** contain only water – this should not be flavoured water.

### Curriculum:

The food policy will encompass nutrition education in the curriculum. Healthy eating will be covered within the Relationships, Sex and Health Education (RSE) and Science curriculum.

- Children will have regular, timetabled opportunities to cook and prepare food (see DT curriculum map).
- Pupils will be made aware of the principles of healthy eating throughout the curriculum.
- Healthy eating messages will be taught as part of looking after yourself.
- There will be consistent messages across the curriculum about healthy eating.
- Children will learn and apply the principles of food hygiene.
- Children will learn and apply the principles of a balanced diet and how diet affects health.