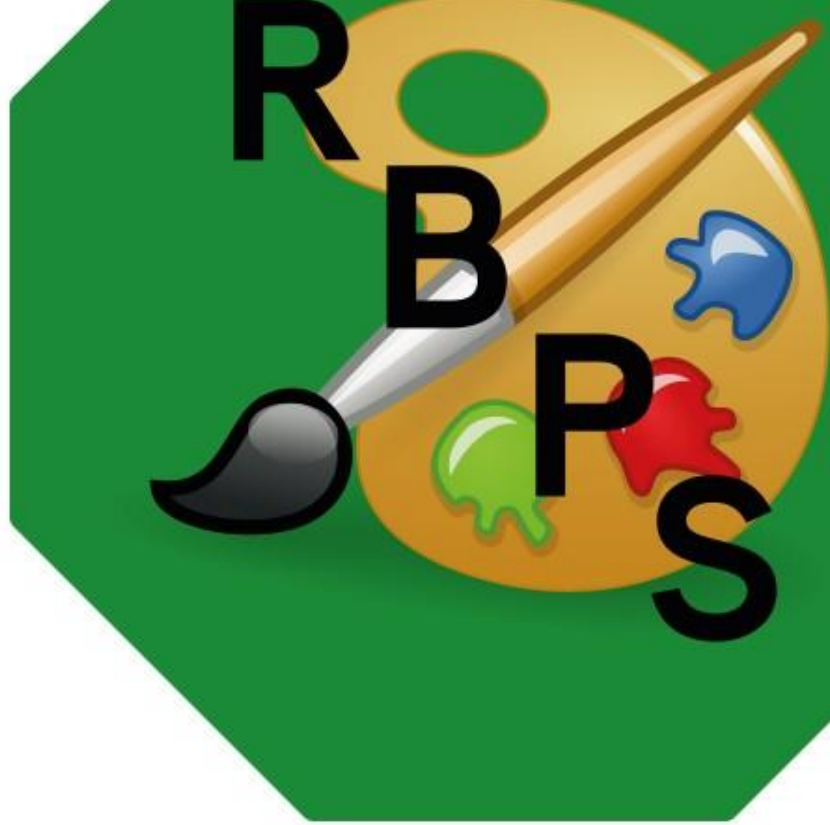




Richard Bonington Primary School.

Healthy Eating Policy

Date approved by Governing Body	July 2026
Date for review.	July 2028

Introduction

Richard Bonington Primary and Nursery School is committed to encouraging and developing positive attitudes towards food and healthy eating. Promoting a healthy lifestyle is integral to our curriculum and ethos. We recognise the importance of enabling children to make informed choices about the food they eat as part of a whole-school approach.

We follow the School Food Standards, which apply to all food and drink provided across the school day, including lunches, snacks, clubs and special events.

Aims and Objectives

The main aims of our policy are:

- To improve the health of pupils, staff and the whole school community by promoting healthy eating habits and increasing knowledge of nutrition.
- To provide healthy, balanced food choices throughout the school day and ensure access to drinking water.
- To ensure that food provision recognises and accommodates medical, cultural, religious, and ethical dietary requirements.
- To promote healthy packed lunches that reflect national guidance.
- To work in partnership with parents and pupils in promoting healthy lifestyles.

The Curriculum

Healthy eating and lifestyle education form part of our whole-school curriculum:

- Pupils learn about balanced diets, nutrition and healthy lifestyles through Science, DT and PSHE.
- Children develop skills in food preparation, cooking and understanding where food comes from.
- Opportunities are provided to grow food and learn about sustainability.
- Healthy lifestyles, including diet, exercise, and wellbeing, are promoted through whole-school initiatives.

School Meals

- School meals are provided in line with the School Food Standards.
- We work closely with our catering provider and the DFE guidance to ensure meals are balanced, nutritious, and varied.
- Meals are prepared with reduced levels of salt, sugar and saturated fat, and include fresh ingredients where possible.
- Menus ensure:
 - daily fruit and vegetable options
 - a balance of food groups
 - limited fried and high-fat foods
- Weekly menus are shared with parents.

Dining Environment

We promote a positive and social dining experience:

- A welcoming environment is provided.
- Children are encouraged to try a range of foods.
- Good table manners and respect for others are modelled.
- Staff support children appropriately at mealtimes.
- Parents are informed if concerns arise about a child's eating.

Packed Lunches

While schools cannot enforce the exact contents of packed lunches, we strongly encourage and expect parents to provide healthy options in line with national guidance.

- Packed lunches should include:
 - starchy foods (e.g. bread, rice, pasta)
 - fruit and vegetables
 - a protein source (e.g. meat, fish, eggs, beans)
 - a dairy item or alternative
 - water or a low-sugar drink
- The following are **not permitted**:
 - sweets and confectionery
 - chocolate bars
 - fizzy drinks
- Where there are concerns, staff will sensitively engage with parents.

Snacks

- EYFS and KS1 pupils receive fruit through the School Fruit and Vegetable Scheme.
- KS2 pupils may bring snacks from home; these must be healthy options, such as fruit, vegetables or similar items.
- The following are **not allowed as snacks**:
 - sweets, chocolate, biscuits
 - crisps
 - fizzy or sugary drinks
- Fresh drinking water is available at all times.

Food Across the School Day

The School Food Standards apply to all food provided:

- Breakfast clubs, after-school clubs and school events follow healthy food principles.
- Food high in fat, sugar and salt is limited.
- Special occasions and fundraising events involving food are infrequent, and healthier alternatives are encouraged.
- Any food brought in for sharing must meet allergy and safety requirements.

Allergies and Special Diets

- We take allergies and dietary needs seriously.
- Nuts are not permitted on site due to allergy risks.
- Information about allergies is shared appropriately with staff.
- Parents must inform the school of dietary requirements.

The Role of Parents

We aim to build a supportive partnership with parents:

- Parents are informed about this policy.
- Guidance is provided on healthy lunchboxes and snacks.
- Parents are encouraged to support healthy eating messages at home.

The Role of Governors

The Governing Body:

- Monitors implementation of the policy
- Ensures alignment with national guidance
- Engages with parents when reviewing the policy

Monitoring and Evaluation

- The policy is monitored by the Headteacher and Governors.
- It is reviewed regularly in consultation with staff, pupils and parents.