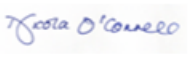
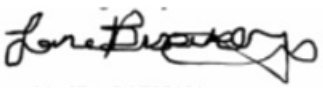
Holtsmere End Infant and Nursery School

Healthy Eating Policy

Date: July 2025

Signed:

Nicola O'Connell – Headteacher 

Jane Bisseker – Chair of Governors 

Holtsmere End Infant and Nursery School
Whole School Healthy Food Policy

RATIONALE

We believe that education about health issues is very important for the development of our pupils both now and for the future. We acknowledge the important link between a healthy, nutritious diet and the ability to develop physically and learn effectively. We recognise that school can play a significant role, as part of the larger community, to promote healthy issues.

This is fully embraced in our school aims and ethos which express that we learn together as a community. We aspire to improve the health of the school community by teaching ways to establish and maintain lifelong healthy eating habits.

We believe that it is important that the right message is delivered at all times regarding healthy eating.

AIMS

- improve the health of pupils, staff and their families by increasing their knowledge and awareness of food issues, including what constitutes a healthy diet and hygienic food preparation;
- provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety;
- work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to ethnic/medical needs;
- work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil;
- ensure good liaison with parents & carers to ascertain any specific needs.

We aim to promote healthy & balanced eating by:

- encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide
- encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods;
- encouraging fruit juices, lower fat milk and sugar-free drinks; discouraging sugary drinks and less healthy snacks between meals.

OBJECTIVES

The school will encourage a high take up of our school meal service

Holtsmere End Infant School recognises the value of providing the option of a healthy balanced school meal at lunchtime to all of our children. All staff actively encourage families to choose meals for their child from our school kitchen. The school will work with the school's caterer, Stir Catering to ensure pupils are offered a variety of delicious meals which meet the nutritional standards for school meals and recognises a variety of cultural needs. Review meetings will be held termly with the area manager to discuss the quality of provision. Regular theme days will be planned throughout the year.

Holtsmere End Infant School will provide guidance on healthy choices in lunch boxes

The school recognises the benefits of a well-balanced hot or cold school meal for children in the middle of the day, and would recommend to parents and carers that this is the preferable option. However, should families decide to send in a packed lunch from home, school will promote the guidelines set out by the British Nutritional Foundation and in the Early Years Foundation Stage Nutrition document as detailed: https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf

A child's lunch should include only the following:

- A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc.
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - water (not flavoured), milk (not flavoured)
- Families may include one biscuit treat/ packet of crisps but no sweets or hocolate
- Parents and Carers will be advised to include an ice pack as we recognise that food products, prepared and stored in ambient temperatures, can after a period of between two to four hours, and have increased levels of bacteria in them, which may be harmful to children. Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school.

In addition, the school requests that parents do not include the following items in packed lunches:

- Sweets (including Winders), chocolate, etc.
- Fizzy drinks/sugary drinks

- Sugary cakes, e.g. doughnuts, etc.
- Sweet nut bars, etc.
- products containing high colourings
- Foods containing nuts

Lunchboxes will be monitored to ensure a balanced mix is provided. Where a child has a limited packed lunch or products which go against this policy, a note will be issued or the parents or carer will be contacted to discuss any issues.

Holtsmere End Infant and Nursery School will provide a safe and healthy eating environment for pupils, staff and visitors having lunch in school

The school will provide a clean, sociable environment for children to eat their lunch. In doing so, the school requests children adhere to the following rules:

- All children will be required to wash their hands before they eat.
- All children are required to sit at a table in order to eat their lunch.
- Children are required to eat all or at least try to eat most of the food provided, either by the school or in their lunch box. They should eat the sandwich/ savoury part of their meal before eating the sweeter foods
- Children are provided with appropriately sized cutlery and are encouraged to use this correctly to eat their food
- All litter, from lunch boxes brought in from home, must be taken home at the end of the school day other than drink cartons which may leak
- Lunchtime supervisors will help any children who have concerns or cause concern during meal time, e.g. children who need support to eat their lunch, spill or drop their lunch, do not eat much of their lunch etc.
- Children are encouraged to remember that eating is a social activity; children will be encouraged to talk quietly to their peers
- Children must leave the area where they have eaten their lunch in a reasonably clean and tidy condition

The School will teach children the skills of how to make healthy choices through the school curriculum

Teaching staff will develop the school curriculum to include work associated with healthy balanced diets across Early Years, Key Stage One. As part of the work that the children cover in the sciences, technology

and personal, social, health education (PSHE), the children will be taught about the components of a healthy diet, the importance of developing healthy lifestyles for now and the future and how to make choices over their own health and diet. This message is also delivered through assemblies and themed days/weeks.

Visitors will be used to support children to understand healthy eating

The school will organise visitors to come into school to help promote healthy eating habits. This is include professionals such as the school nurse, dentist etc. as well as staff from the catering team or those with an interest in encouraging children to lead healthy lifestyles and make healthy choices.

A variety of opportunities for healthy eating and drinking will be offered across the school day during the school day

Food is offered across the school day. Staff need to be aware of the need to promote healthy options/ingredients etc. adhering to the nutritional advice in the Early Years Foundation Stage Nutrition May 2025 document.

Children in the Nursery receive free milk. Children in the Reception class receive free milk up to the term before their 5th birthday. For all other children there is a termly charge for this, except for those children who are from families on low incomes.

All children are provided with a mid-morning fruit snack. So as to cultivate a healthy life style, we do not include squash or fruit juice, or any other snacks. Children will be able to learn best if they have had breakfast before coming to school.

Mid-morning Snack – our school is part of the national School Fruit and Vegetable Scheme. Every child is encouraged to have a piece of fruit or vegetable each day. This is given in the classroom during the morning and is eaten within the classroom, in an atmosphere conducive to social eating.

Drinks – All children are given a named water bottle by the school. The reason for this is that everyone has a fresh drink in school each day. There is no need to parents to buy water bottles and the issue of forgetting water bottles is eliminated. Bottles are washed and refilled by staff.

Rolling snack – Children in Nursery and Reception have access to a 'rolling snack' which is usually sugar free cereal, toast and/or fruit. The reason for this is to ensure that all children have eaten during the morning and to encourage independence, by pouring cereal, milk, buttering toast, cutting up fruit and washing their bowls and cups.

Regular cooking opportunities will be offered at Holtsmere End Infant School

Children will have the opportunity to cook each term using our designated facilities. The children will be involved in planning what they cook, investigating and costing ingredients and evaluating the end product. Staff will consider how to promote healthy menu choices and ingredients at all times.

Parental involvement will be encouraged as a vital part of spreading the message

All new families are signposted to our School Brochure on our school website which includes our healthy eating message; where access to the internet is unavailable, families will be given a paper copy. Parents and carers are always informed of any food related activities. The school will support parents and carers to promote healthy lifestyles, signposting to advice and assistance about healthy eating habits where requested.

Holtsmere End Infant School will ensure that basic food hygiene standards are adhered to at all times

The school will ensure that at least one member of staff representative will receive and be covered by basic food hygiene standard training at all times. Children are reminded on a regular basis about the importance of hand washing before eating.

All staff will be aware of children with food allergies

Holtsmere End Infant School is a nut free zone.

If any child brings in a nut product, we will send it home with a note reminding parents & carers of our nut free policy.

All allergies are discussed with catering staff and care plan meetings convened with the parents or carer at the earliest time to ensure that a suitable menu is produced with the child.

A photograph of any child with a food allergy will be displayed in the caterer's kitchen, within the cooking area and in the school staffroom to ensure all staff are aware of children with food allergies.

Holtsmere End Infant School will make arrangements for monitoring and evaluating the activities to ensure these objectives are met

This policy and its procedures and activities, will be monitored and reviewed periodically by the Headteacher and relevant subject leaders, Governing body and the school council.

It will also be discussed in Parent meetings where necessary. Any reports or findings on the Whole School Healthy Food Policy will be published in the school's newsletter or school website.