



# East Sheen Primary School

## Healthy Eating Policy

### Introduction

At East Sheen Primary School, we believe that healthy eating is fundamental to the growth, development, and overall well-being of every child. Establishing positive eating habits during the primary years lays the foundation for lifelong health, supporting both physical and cognitive development. A balanced diet not only fuels learning and concentration but also promotes resilience and emotional well-being.

Our school operates its own kitchen, where meals are prepared fresh daily using high-quality ingredients. This commitment ensures that children receive nutritious, wholesome food that meets current government [dietary guidelines](#). By prioritising freshly prepared meals, we aim to reduce reliance on processed foods and encourage children to enjoy a variety of tastes and textures, fostering a positive relationship with food.

Healthy eating is central to our ethos and is embedded in our procurement and tender processes. We work closely with suppliers who share our values, ensuring that all ingredients meet rigorous standards for freshness, sustainability, and nutritional quality. This approach guarantees that every meal served reflects our dedication to health, education, and care for the environment.

### Aims and objectives

We aim to:

- Promote the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy diet
- Ensure pupils are well nourished at school, and that every pupil has access to safe, tasty and nutritious food, and an easily available water supply during the school day
- Optimise the engagement of pupils after lunch through the provision of a healthy balanced lunch
- Ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs
- Make the provision and consumption of food an enjoyable and safe experience in a pleasant environment
- Introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that do not support them
- Increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.

### Organisation

We ensure that we have a whole school approach within the curriculum, food service, pastoral and social care. We will explore pupil preferences by the involvement of the Pupil Leadership Team in not only planning menus following discussion on healthy eating and taste tests etc., but also gathering feedback and insight from other pupils. We develop an understanding and

ethos within the school of tasty, nutritious, environmentally sustainable food, through both education and example. Healthy eating and food production is taught within the curriculum through Science, Design & Technology, Personal Social & Health Education and Topic work.

We aim to create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious food. This will be achieved by:

- Making available a choice menu which meets the [government nutritional guidelines](#) and the needs of all diners' dietary requirements e.g. by providing a meat option and vegetarian option alongside a jacket potato with a choice of fillings
- Ensuring that the dining areas are kept clean and tidy and pleasant
- Providing an organised system to ensure a calm and relaxing dining environment and a rotation of class order coming into lunch
- Involving the children in the organisation of the dining areas, learning how to clear up after themselves, leaving tables ready for the next diner
- Ensuring that there is sufficient time to eat meals and encouraging children to take time to eat their full meal before leaving the dining hall. This is supported by the use of a 10-minute timer.
- Encouraging good manners, and respect for fellow pupils
- Ensuring pupils do not feel advantaged or disadvantaged whether they have a school meal or packed lunch i.e. children in the same class eat together, at the same time regardless.
- Ensuring that pupils have an adequate quantity of food by offering 2<sup>nd</sup> helpings for older years and offering larger portions for year 5 and 6. For all years (including younger years) there is unlimited access to salad bar
- Staff presence and engagement during lunchtime to continue dialogue on healthy eating
- Increase education on what a healthy lunch portion is using techniques like "eat well plate" (see Appendix A) for visual demonstration
- Use of on-site resources where feasible (e.g. allotment) to promote root to table concept and drive understanding of where food comes from

### **School Food Standards**

The school follows the School Food Standards (see Appendix B) for the provision of lunch, breakfast and snacks throughout the day.

Reception and KS1 children are provided with a fruit or vegetable snack daily. If children bring snacks from home these should be fruit or vegetables (in natural form and not reconstituted e.g. fruit winders). Where there is additional fruit, this is redistributed throughout the school where appropriate.

Children are encouraged to bring their own water bottle (strictly water only, no flavoured waters or squash) to provide access to water throughout the day. Otherwise water is available from fountains around the school and is provided with lunch.

Milk is provided free of charge to children until the age of five. Thereafter milk may be ordered via cool milk.

<http://www.coolmilk.com/>

### **Packed Lunches**

We ask parents to support our policy for healthy eating by following the school food standards when providing packed lunches for their children. To support healthy choices, listed below are guidelines for what should be included:

- one portion of fruit and one portion of vegetable per day
- one portion of meat, fish, lentils, beans, hummus or falafel per day

- one portion of oily fish per week
- one portion of bread, pasta, rice, couscous, noodles, potatoes every day
- one portion of milk, cheese or yoghurt every day
- water

**Please note that crisps, sweets, chocolate, confectionary or fizzy drinks do not comply with the guidelines. As with school lunches, cakes and biscuits may be eaten at lunch providing they are not chocolate coated nor contain confectionary e.g. chocolate chips, smarties.**

**Nuts are strictly prohibited, see 'allergies' below.**

Sustainable packing that is recyclable is encouraged within packed lunches and single use plastic discouraged.

As appropriate, we will monitor and randomly check the contents of lunchboxes and liaise with parents to provide advice on how standards can be met where necessary. We ask children to return home any wrappers and uneaten food so that parents can monitor what the children are eating and to reduce the amount of refuse and recycling at school. We hope that parents will support the school in our aim to ensure that every child enjoys a healthy lunch and recognise the rationale of applying the same standards for the whole school community. Encouraging children to eat healthy vegetables can be rather hard when their peers are eating crisps and chocolate bars. Guidance on packed lunches to be issued annually to reinforce the healthy eating message.

### **Allergies, medical or dietary requirements**

Any food allergies or dietary requirements must be advised to the school. The school's welfare officer will update the child's records and ensure these are advised to the catering staff to ensure that these needs are met. Any children in Reception or KS1 with particular dietary requirements will be given a laminated card listing their requirements and this is presented to the kitchen serving staff before the child's meal is served.

The school is **nut free** so all nuts, nut spreads or snacks are prohibited.

### **Celebrations and special occasions**

There are occasions where the [School Food Standards](#) do not apply. Exceptions include food served:

- At parties or celebrations to mark religious or cultural occasions
- At fundraising events
- When teaching food preparation and cookery skills, including when the food prepared is served to pupils as part of a school lunch
- On an occasional basis by parents or pupils

Cakes or treats brought into school to celebrate children's birthdays will not be eaten in school but handed out at the end of the school day to allow parents/carers to supervise what is eaten.

### **The role of the Headteacher**

It is the responsibility of the Headteacher to ensure that staff and parents/carers are informed about this Healthy Eating Policy and that the policy is implemented effectively. The Headteacher will liaise with external agencies regarding the school healthy eating programme and ensure that all adults who work with children on these issues are aware of the school policy and work within this framework.

The Headteacher will monitor the policy on a day to day basis and report to governors,

when requested, on the effectiveness of the policy.

**The role of Governors**

The Governing Body has the responsibility of setting down these general guidelines on healthy eating. The governors will support the Headteacher in following these guidelines.

**The role of parents/carers**

The school recognises that the primary role in children's healthy eating lies with parents/carers. We wish to build a positive and supporting relationship with the parents/carers of children at our school through mutual understanding, trust and co-operation. In promoting this objective we will:

- Inform parents/carers about the school healthy eating policy and practice
- Answer any questions parents/carers may have about the healthy eating their child receives in school
- Take seriously any issue which parents/carers raise with the school about this policy or the arrangements for healthy eating in the school.

**Approved by the Governing Body: Autumn 2025**

**Next review date: Autumn 2028**

Appendix A

# Food Groups

**Fruit and Vegetables**  
 These are good sources of vitamins and minerals and fibre. Aim to eat 5 portions a day! Choose from fresh, frozen, tinned, dried or juiced. Fruit juice and/or smoothies should be limited to no more than a combined total of 150ml per day.

**Food and Drinks High / or Sugar**  
 Eat less often and in small amounts.

**Proteins**  
 Proteins such as beans, pulses, fish, eggs, meat are very important for helping us grow and build muscles. Beans and pulses are a good alternative to meat as they contain less fat and are higher in fibre and protein. Try to eat 2 portions of fish a week, and try to reduce intake of red and processed meat.



**Carbohydrates**  
 Starchy foods such as potatoes, bread, rice, pasta and cereals should make up just over a third of the food you eat. These are important for giving us energy. Choose higher-fibre, wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave skins on potatoes.

6-8 a day  
 Water, lower fat milk, sugar-free drinks including tea and coffee oil count.  
 Limit fruit juice and/or smoothies to a total of 150ml a day.

**Oil & Spreads**  
 Choose unsaturated oils and spreads and use in small amounts. Eat sparingly.

**Dairy and Alternatives**  
 These are a source of calcium which is important for strong teeth and bones. Choose lower fat and sugar options.



Appendix B



# The School Food Standards

*Eating in school should be a pleasurable experience; time spent sharing good food with peers and teachers.*

*These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.*

*As a general principle, it is important to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to hear the stories behind their food. Use fresh, sustainable and locally-sourced ingredients (best of all, from the school vegetable garden), and talk to them about what they are eating. Go to [www.schoolfoodplan.com/visit](http://www.schoolfoodplan.com/visit) to find examples of what other schools are doing to encourage children to eat well.*

*Remember to use Government Buying Standards for Food and Catering Services alongside these standards to help reduce salt, saturated fat and sugar in children's diets.*

\* This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs



## Fruit and vegetables

- One or more portions of vegetables or salad as an accompaniment every day
- One or more portions of fruit every day
- A dessert containing at least 50% fruit two or more times each week
- At least three different fruits and three different vegetables each week



## Foods high in fat, sugar and salt

- No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated, each week\*
- No more than two portions of food which include pastry each week\*
- No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat\*
- Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food
- No confectionery, chocolate or chocolate-coated products\*
- Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery
- Salt must not be available to add to food after it has been cooked\*
- Any condiments must be limited to sachets or portions of no more than 10g or one teaspoonful\*



## Milk and dairy

- A portion of food from this group every day
- Lower fat milk must be available for drinking at least once a day during school hours



## Meat, fish, eggs, beans and other non-dairy sources of protein

- A portion of food from this group every day
- A portion of meat or poultry on three or more days each week
- Oily fish once or more every three weeks
- For vegetarians, a portion of non-dairy protein on three or more days each week
- A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools\*

## Food provided outside lunch

- Fruit and/or vegetables available in all school food outlets
- No savoury crackers and breadsticks
- No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)



## Starchy food

- One or more wholegrain varieties of starchy food each week
- One or more portions of food from this group every day
- Three or more different starchy foods each week
- Starchy food cooked in fat or oil no more than two days each week\*
- Bread - with no added fat or oil - must be available every day



## Healthier drinks\*

- Free, fresh drinking water at all times
- The only drinks permitted are:
  - Plain water (still or carbonated)
  - Lower fat milk or lactose reduced milk
  - Fruit or vegetable juice (max 150 ml)
  - Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
  - Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)
  - Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey
- Tea, coffee, hot chocolate
- Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, and no more than 150mls fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice



## Appendix C

### Packed Lunch Guidance (example to be issued annually to all parents)

Dear parents and carers,

At East Sheen Primary School, we support the mission that every child should enjoy a healthy lunch at school whether that be a hot school lunch or a packed lunch. The school recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school.

We understand that it's a personal family choice to provide your child with a packed lunch but ask parents to support our policy for healthy eating by following the school food standards when providing packed lunches for their children. To support healthy choices, listed below are guidelines for what should be included:

- one portion of fruit and one portion of vegetable per day
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**Nuts are strictly prohibited.**

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As appropriate, we will monitor and randomly check the contents of lunchboxes and liaise with parents to provide advice on how standards can be met where necessary. We ask children to return home any wrappers and uneaten food so that parents can monitor what the children are eating and to reduce the amount of refuse and recycling at school. We hope that parents will support the school in our aim to ensure that every child enjoys a healthy lunch and recognise the rationale of applying the same standards for the whole school community.

As an alternative to packed lunches, the school do offer a varied menu of hot meals available to pupils, please click [here](#) for more information.

Kind regards,

The Headship Team