



Willow Bank Junior School

Healthy Eating Policy

Non-statutory policy

Version	Last Review	Next Review	Committee	Comments
1.0	May 2010	May 2012	Curriculum	
1.1	April 2013	April 2016	L & T	Minor amendments made
1.1	January 2017	January 2020	L & T	No changes
1.2	March 2020	March 2023	L & T	Addition of nut-free school and handwashing before eating.
1.3	November 2024	November 2027	L & T	Minor change of lunchtime staff instead of controllers and the addition of list of suggested healthy snacks and addition of the lunchtime salad bar

Introduction

Willow Bank Junior School is committed to promoting a healthy eating environment which enables children to make informed choices about the food they eat. Adults (staff, parents and carers) should be good role models and have access to information which will help them provide healthy food for children.

Aims

- To enable children to make healthy food choices through the provision of information and the development of skills and attitudes.
- To provide healthy food choices.
- To ensure drinking water is available for children and staff.

Curriculum

Food and nutrition will be taught in Science, Technology and PSHE. Where appropriate, it is also taught in cross-curricular activities.

School Council

We believe that the children have a key role to play in promoting and pursuing healthy eating habits. The School Council, as representatives of the children, will be supported in promoting healthy eating within and beyond school.

Special Dietary Requirements and Allergies

The school's caterers offer a vegetarian option every day as well as providing a salad bar for children to help themselves to everyday. Staff are made aware of children with food allergies and other dietary considerations. We work closely with parents to ensure that our medical records are up-to-date and accurate. The school is nut-free. Families are reminded regularly, via the newsletter, to not put products containing nuts in lunch boxes, snacks etc. Where the school curriculum introduces children to new foods, we take all necessary precautions to ensure that children are not put at risk.

Food Safety

Appropriate food safety precautions are taken when food is handled, prepared or stored in school. These precautions include ensuring that adequate storage, washing facilities, suitable equipment and protective clothing are available. Children are reminded to wash their hands before eating. Parents' permission will be sought prior to food-tasting activities.

School Lunches

We aim to ensure that the dining hall is well organised and children are aware of the procedures. All lunches are prepared by the caterer following the latest government nutritional guidelines. New menus are distributed to all classes each term, posted on the school website and displayed within school. We are consulted on a regular basis regarding the nature and balance of the menus, with a focus on nutritional value. Free school meals will be provided for those pupils who are entitled to them.

Children will be expected to demonstrate thoughtful table manners and allowed plenty of time to eat their meal. This will be achieved by the children:

- sitting with their choice of friends
- eating packed lunches and cooked lunches together
- entering and leaving the hall in an orderly way, showing respect for others
- behaving politely towards the lunchtime staff.

Packed Lunches

Parents are discouraged from sending children to school with sweets, chocolate and fizzy drinks. We feel that this is particularly important in terms of children supporting their peers in making, and keeping to, healthy food choices, and aim to share this message with parents.

Food and Drink Provision

Children are encouraged to bring suitable healthy items to eat at break time such as:

- Fresh fruit
- Vegetables
- Cheese
- Crackers
- Breadsticks

The NHS healthier families website has plenty of health snack ideas. You can visit their website here; <https://www.nhs.uk/healthier-families/>

Water is always available.