

School Food Policy

September 2026

School Food Policy		
		Author
Date of Policy creation: Date of Governor approval:	September 2026 7th October 2026	Suzi Bray
Date of policy review:		

1. Policy Statement

At Weston Rhyn Primary School, we believe that healthy eating is essential to children's physical health, emotional wellbeing, growth, and ability to learn. We are committed to providing a healthy food environment that encourages pupils to develop positive attitudes towards food and make informed choices about healthy lifestyles.

The school complies with the statutory School Food Standards and promotes healthy eating throughout the school day. The standards are a legal requirement for state-funded schools and are designed to ensure children receive nutritious food that supports learning and wellbeing.

2. Aims

This policy aims to:

- Promote healthy eating habits which children can maintain throughout their lives.
- Ensure all food and drink provided by the school meets the School Food Standards.
- Support the health and wellbeing of all pupils.
- Encourage pupils to develop an understanding of healthy lifestyles.
- Provide a safe and inclusive dining experience for all children, including those with allergies, medical conditions, cultural requirements, and special dietary needs.
- Foster a positive dining environment where healthy eating is valued.

3. Legal Framework

This policy is based on:

- The Requirements for School Food Regulations 2014.
- The statutory School Food Standards issued by the Department for Education.
- Relevant food hygiene, food safety, allergy management, and safeguarding guidance.

4. School Food Provision

The school will ensure that meals provided:

Fruit and Vegetables

- Include a variety of fruit and vegetables across the week.
- Make vegetables or salad available as part of school meals.
- Encourage children to try a wide range of fresh produce.

Starchy Foods

- Include healthy starchy foods such as potatoes, rice, pasta, bread, and cereals.
- Promote wholegrain and higher-fibre options where possible.

Protein Foods

- Provide a variety of protein sources including:
    - Meat
    - Fish
    - Eggs

- Beans
- Lentils
- Pulses
- Vegetarian alternatives

Dairy Foods

- Offer dairy products or suitable alternatives as part of a balanced diet.

Drinks

Throughout the school day pupils will have access to:

- Fresh drinking water.
- Milk where appropriate.

Drinks high in sugar, caffeine, or artificial stimulants will not be provided.

5. Foods and Drinks Restricted by the School Food Standards

The school and its catering provider will ensure that:

- Confectionery and sweets are not sold.
- Sugary drinks are not provided.
- Foods high in fat, sugar, and salt are limited in accordance with statutory guidance.
- Healthy choices are promoted and made readily available.

Menus will be regularly reviewed to ensure compliance with current legislation.

6. Universal Infant Free School Meals

All pupils in Reception, Year 1 and Year 2 are entitled to a free school meal under the Universal Infant Free School Meals scheme.
The school will:

- Promote uptake of school meals.
- Ensure meals are nutritious and appealing.
- Support families in understanding meal provision.

7. Free School Meals

The school supports eligible families in applying for Free School Meals and encourages applications where entitlement exists.
The school recognises the importance of Free School Meal eligibility in securing additional funding through the Pupil Premium Grant.

8. Packed Lunches

The school encourages packed lunches that support healthy eating.
Parents and carers are asked to provide:

Recommended Items

- Sandwiches, wraps, pasta, rice, or similar foods.
- Fruit and vegetables.
- Yoghurt or cheese.
- Water or sugar-free drinks.

Not Recommended

- Sweets and confectionery.
- Energy drinks.
- Excessive amounts of chocolate.
- Fizzy drinks.

Where concerns arise regarding a child's packed lunch, the school will work positively with families to support healthier choices.

9. Food Allergies and Special Diets

The school is committed to keeping pupils safe and will:

- Maintain records of medical dietary requirements.
- Work closely with parents, carers, catering providers, and healthcare professionals.
- Ensure staff are aware of significant allergies and dietary needs.
- Follow individual healthcare plans where required.
- Adhere to current food allergy guidance and food safety procedures.

10. Curriculum and Healthy Eating Education

Healthy eating is promoted through:

- The science curriculum.
- Personal, Social, Health and Economic (PSHE) education.
- Practical food experiences.
- School gardening and outdoor learning opportunities.
- Assemblies and themed health events.

Children are encouraged to understand:

- Balanced diets.
- Food origins.
- Sustainability.
- The importance of hydration.
- Physical activity and healthy lifestyles.

11. Celebrations and Special Events

The school recognises the importance of celebrations and special occasions.
Treats provided during celebrations should:

- Be occasional rather than routine.
- Support the school's healthy eating ethos.
- Consider allergies and dietary requirements.

The school encourages non-food rewards whenever possible.

12. Roles and Responsibilities

Governing Body

The governing body will:

- Monitor compliance with School Food Standards.
- Support the school's healthy eating ethos.
- Review this policy regularly**.**

Headteacher

The Headteacher will:

- Ensure implementation of this policy.
- Monitor compliance with food standards.
- Liaise with catering providers and governors.

Staff

Staff will:

- Promote healthy eating.
- Model positive attitudes towards food.
- Support pupils during meal and snack times.

Parents and Carers

Parents and carers are encouraged to:

- Support healthy eating messages.
- Provide healthy packed lunches.
- Inform the school of dietary requirements and allergies.

13. Monitoring and Review

The school will monitor:

- Compliance with School Food Standards.
- Pupil uptake of school meals.
- Feedback from pupils, parents, and staff.
- Catering provider performance.

This policy will be reviewed every two years or sooner if legislation changes.