

St Gabriel's C of E
Primary School



Healthy Eating policy

2025 - 2026

1. Policy Statement

At St Gabriel's , we are committed to promoting healthy lifestyles and helping children develop positive attitudes towards food and nutrition. We believe that healthy eating supports physical health, emotional wellbeing, concentration, and academic performance.

Our school is a **nut-free environment** to protect pupils and staff with nut allergies.

2. Aims

This policy aims to:

- Promote healthy growth and development.
- Encourage balanced, nutritious food choices.
- Develop children's understanding of healthy lifestyles.
- Ensure food provision supports health and learning.
- Provide a safe, nut-free environment for all.

3. Nut-Free Policy

To protect members of our school community with nut allergies:

- No nuts or nut-based products are permitted on school premises.
- This includes peanut butter, chocolate spreads containing nuts, cereal bars with nuts, and products labelled "may contain nuts".
- Parents/carers must check ingredient labels carefully.
- Staff will not use nuts in cooking activities.

Any food containing nuts will be removed and returned home.

4. School Meals

School meals will:

- Follow national school food standards (where applicable).
- Provide balanced meals including:
 - Fruits and vegetables daily
 - Wholegrains where possible
 - Lean proteins
 - Dairy or dairy alternatives
- Limit high-fat, high-sugar, and high-salt foods.
- Provide fresh drinking water at all times.

5. Packed Lunch Guidance

We encourage parents/carers to provide healthy packed lunches.

Recommended Items:

- Sandwiches/wraps with lean fillings (e.g., chicken, tuna, cheese, egg)
- Wholegrain options
- Fresh fruit and vegetables
- Yoghurt or cheese
- Water or milk

Not allowed in school:

- Nuts or nut products (nuts not allowed)
- Fizzy drinks
- Sweets and chocolate bars , kit kats, and other similar items are acceptable
- Large amounts of crisps
- Energy drinks

Staff may contact parents/carers if packed lunches regularly do not reflect healthy guidance.

6. Snacks

- Children may bring a healthy snack for break time (e.g., fruit or vegetables).
- No chocolate, sweets, or nut products.
- The school only allow water in school
- Where applicable, the school will participate in national fruit schemes
- The school operates a tuck shop in school with a selection of low fat, sugar and salt snacks, including yogurt, baby bell, crackers and breadsticks.

7. Drinks

- Water is available throughout the day.
- Children should bring a clearly labelled water bottle.
- Juice, fizzy drinks, and energy drinks are not permitted.

8. Celebrations and Special Events

We recognise the importance of celebrations while promoting health:

- We love that parents may wish to bring in sweet treats for your child's birthday but please arrange for a non food alternative (stickers, books, pencils)
- Special events will model healthy choices where possible.

9. Curriculum Links

Healthy eating is promoted through:

- PSHE lessons
- Science (nutrition and the body)
- Design and Technology (food preparation)
- Assemblies and themed health weeks

Children are encouraged to develop skills in food preparation, hygiene, and informed food choices.

10. Food Safety and Hygiene

- Staff will follow food hygiene standards.
- Children will wash hands before eating.
- Allergies are recorded and shared with relevant staff.
- Staff receive allergy awareness training where required.

11. Roles and Responsibilities

Headteacher

- Ensure policy implementation.
- Promote a whole-school healthy eating culture.

Staff

- Model healthy eating behaviours.
- Reinforce positive messages around food.

Parents/Carers

- Support the nut-free policy.
- Provide healthy packed lunches.
- Inform school of allergies or dietary needs.

12. Monitoring and Review

This policy will be reviewed annually or sooner if required, particularly in response to:

- Changes in food standards guidance
- Allergy management updates
- Feedback from parents, staff, or pupils

