Jubilee School
inspiring imaginations

HEALTHY EATING POLICY

October 2026

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1. Aims, purpose and responsibility

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events.

This policy takes into account that:

- Food choices that children make today shapes how they'll eat for the rest of their lives
- Too many children aren't getting enough of the right foods to eat – and too little of the foods that help keep them healthy
- When children eat better, they do better – they're in better shape to reach their full potential
- Being able to cook is an essential life skill: it all starts with getting children excited about food
- Eating good food is one of life's real pleasures: every child should know how it feels to enjoy a tasty meal with people you love.

Why is a policy needed?

At Jubilee we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

We aim to ensure that healthier food and drink is provided at all times of day, taking account of individual needs (e.g., cultural, ethical, medial), reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school.

This policy explains:

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices
- Our approach to improving pupils' health through healthy eating.

We aim to:

- Increase knowledge and awareness of a healthy diet through workshops and our PSHE and Science curricula
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day
- Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day.

Responsibility:

It is the responsibility of all staff including teaching, support staff and catering staff to implement the healthy eating policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices:

- Senior members of staff lead on the development and monitoring of Health Education and its implementation and liaise with lunchtime supervisors, kitchen staff and food contractors.
- The subject leaders of PSHE, PE and DT are jointly responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident through our PSHE, DT and enrichment planning.
- The lead governor on health and safety ensures the policy is implemented.
- Caterers and kitchen staff are responsible for providing high-quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.
- Parents receive the catering menu for the term in advance.

2. Food in the curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE and PE, and enrichment. We ensure that pupils are taught cooking in DT in all phases, and through enrichment workshops in Years 3 and 4, in line with the national curriculum, developing their understanding in food related issues including food hygiene and safety issues.

This policy will contribute towards other areas in the following ways:

Behaviour: children who eat healthily are more focused on their work and behaviour is better

PSHE: healthy food and choices and practical food education is included in the curriculum

Science: healthy eating and nutrition are part of the science curriculum

DT and enrichment: hands on opportunities for children to prepare and cook food

Equality: we take account of the needs of all our children, including those with disabilities and allergies

3. School lunches

All our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standards. This menu is made available to parents by email, enabling them to discuss the upcoming menu and choices. The dining area has a positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods. We encourage all parents to take school meals, which continue to be free for all pupils in London.

4. Packed Lunches

We aim to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in school in line with the School Food Standards.

An example healthy lunchbox may include:



Special diets and allergies

The school recognises that some pupils may require very special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items. Where this is the case, teaching staff should be notified.

Packed lunch containers

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Pupils and parents/carers are

encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

Monitoring packed lunches

To promote healthy eating, we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy.

5. Snacks and Water

As part of promoting healthy eating, children are encouraged to eat fruit and vegetables. In Key Stage 1, pupils receive a free fruit or vegetable snack each day to have at morning playtime. In Key Stage 2, children may bring in a snack from home. The only snacks permitted are fresh fruit or vegetables. If bringing in grapes, we recommend these are cut lengthways.

When participating in school-organised swimming lessons, children are permitted to bring a snack to eat. As with other snacks, this should be a healthy choice. Fizzy drinks, sweets, crisps and chocolate are not permitted.

Having enough to drink is a key factor to improving the performance and behaviour of children at school. Water is one of the best fluids to have.

At Jubilee:

- We bring in our own water bottles, although there are several water fountains that can also be used
- Water is also available from jugs in the lunch hall
- We drink water regularly to promote healthy water intake during the day, but this is minimised during learning time
- Bottles are stored in our classrooms and taken out at playtimes and in PE lessons
- We are encouraged to take our bottles home each day to be cleaned and refilled

6. Breakfast club

Aims:

- To provide food for children of families that have an early start to their day
- To improve pupils' education: if a child misses out on breakfast they may suffer from tiredness, a lack of concentration, poor behaviour or learning issues by mid-morning.
- To meet the social needs of children and improving social skills in a relaxed environment and with children of varying ages
- To improve the punctuality of some children who were frequently late
- To improve links between parents and school and children and class teachers

The club offers a clean, pleasant environment for children to eat a healthy breakfast and to socialise with other children and adults. A good variety and healthy balance of foods is offered as recommended by the Balance of Good Health (Food Standards Agency, 2001):

1. A good portion of starchy food, e.g., lower salt/sugar breakfast cereals, bread, toast, croissants or plain pancakes

2. Fruit and vegetable choices such as juice and a platter of fresh fruit

3. A portion of milk or dairy food e.g. semi skimmed milk on cereals

4. A choice of drinks e.g. water, apple juice, and semi skimmed milk or oat milk

5. An opportunity for active games in the hall

Nut allergies

We cannot guarantee that all food products brought into school are totally nut free. Parents are asked to refrain from providing food products which contain nuts (including pesto) or sesame (including humous, tahini and falafel) in packed lunches or any other food brought into the school, and children with a nut and/or peanut allergy have an individual health plan. Staff are trained to recognise and manage allergic reactions. A comprehensive allergy safety policy is in place and should be read together with this policy.

7. Partnership with parents and carers

We inform and involve parents and carers about healthy eating through the school website and email updates. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned.

Parents and carers are updated on our policies through school news updates and on the school website. We ask parents and carers not to send food or drinks which conflict with our healthy eating policy.

During out of school events such as trips and swimming lessons the school will encourage parents and carers to consider the healthy eating policy when preparing packed lunch. The school is able to provide a healthy packed lunch for any child for whom it is requested. Parents are also informed of the school meals on offer through the school menu which is sent out to each family.

Events and Celebrations

We want to give children the opportunity to celebrate their birthdays but in order to ensure there is parental choice we are ask anyone who would like to bring treats to share for their birthday to hand these out to parents outside the classrooms at home time. In this way, parents can decide on an appropriate time for their child to have the treat.

8. References and further reading

http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/why-kids-need-to-eatwell/

https://www.phunkyfoods.co.uk/parent/a-healthy-lunch-parents-information/

Balance of Good Health (Food Standards Agency 2001)

School food plan (www.schoolfoodplan.co.uk)

Change 4 Life (www.nhs.uk/change4life)

9. Linked policies

Allergy Safety Policy
Curriculum Statement