


Whitchurch Church of England Primary School 	Effective Date:	March 2026
Policy and Procedure Statement		
Healthy Eating Guidance	Revision Date:	March 2028
	Review every:	Every 2 years
Head Teacher	Mr David Ware	
Deputy Head Teacher	Mrs Michelle Dunwell	
Chair of Governors	Mrs Sharon Smith	

Rationale

To ensure that all aspects of food and nutrition in school promote health and wellbeing of all pupils and staff at Whitchurch CofE Primary School.

Principles

- Ensure information taught in relevant subjects relating to healthy eating is consistent and up-to-date.
- Work with school catering body to provide a balanced and nutritional midday meal.
- Promote eating a healthy snack during breaktimes.
- Actively support healthy eating and drinking throughout the school day.

Guidelines

- Actively encourage pupils to bring water bottles to school and encourage their use during the school day.
- Ensure that a supply of fresh water is available for drinking throughout the day.
- KS1 pupils to participate in the National Fruit and Veg. scheme. Encourage them to eat the piece of fruit provided each day. They may also bring their own fruit into school if they choose to.
- KS2 pupils to only bring snacks of fresh or dried fruit and veg, each day.
- Promote healthy lunch boxes.
- We ask that parents do not provide 'sweets or cakes' to the class on their child's birthday.
- In collaboration with the caterer have themed days for events and provide healthy lunch choices.

- In addition, the school advises that parents include only limited amounts of the following items in packed lunches:
 - Sweets, chocolate bars etc
 - Crisps or any packeted savoury snacks high in salt and fat
 - Sugary drinks
 - Sweet cakes e.g. doughnuts

In view of food allergies, the school asks parents not to send in:

Food containing nuts e.g hazelnut chocolate spread, pesto pasta

Packets of nuts