

Malmesbury Primary School



Healthy Lunch and Food in School Policy

Prepared by	Stephen Donegan
Committee responsible	Resources
Date ratified by Governors	Sept 2026
Date for review	Sept 2029
Signed (Chair of Governors)	
Signed (Headteacher)	

Malmesbury Primary School

Food in School policy

Introduction

At Malmesbury Primary School we are committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy life style is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

As a school we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.

We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

We will ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.

These are our goals:

- Because the school recognises the important role that healthy food and drink, in a pleasant dining environment, plays in the good health and learning potential of our children, we will make healthy lunches and dining experience a priority
- Food provided by the school will be healthy and nutritious. We acknowledge that food for celebrations may include items which are not part of a daily healthy diet
- Food education will play an important role in our curriculum. Staff will be well equipped to educate our pupils about food
- The whole school community will be consulted and updated on school food issues
- We will work to increase the confidence in school food and increase school meal uptake

School meals

A nutritious and tasty school meal will be available to pupils and staff at lunchtimes in a pleasant environment. We encourage all pupils to take a school meal, and only to bring a packed lunch if there are special circumstances.

No child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to "try a little bit more" if they can to ensure that they are not hungry later on in the day.

We will achieve this by:

- Ensuring lunchtime staff are well trained
- Providing food of consistent nutritional quality at lunchtimes which as a minimum meets the current Government's food regulations.
- Providing an enjoyable lunchtime experience and environment

- Involving parents and carers in our ongoing healthy packed lunch campaign

Drinks

We will encourage all pupils to stay well hydrated throughout the day by drinking water regularly. Malmesbury Primary School is a water-only school, supporting healthy hydration and helping pupils to develop positive, lifelong habits around drinking water. We will:

- Encourage all children to bring water in a bottle with a sports cap for drinking throughout the day.
- Provide opportunities for water bottles to be re-filled at lunchtime when this is needed.
- Provide all pupils with access to free and clean drinking water throughout the day.
- Promote water as the only drink available in school, with water being the preferred and expected drink for pupils throughout the school day.
- Encourage staff to act as positive role models by choosing water and promoting the benefits of drinking water regularly.

Breastfeeding and Infant Feeding

Malmesbury Primary School is committed to creating a welcoming and supportive environment for breastfeeding families.

We recognise the health and wellbeing benefits of breastfeeding and aim to ensure that parents and carers feel comfortable and supported when feeding their babies.

The school will:

- Welcome breastfeeding on the school premises and ensure that parents and carers are not made to feel uncomfortable or unwelcome.
- Provide a private, comfortable space for breastfeeding if requested, while recognising that parents may choose to breastfeed wherever they feel comfortable.
- Support parents who wish to provide expressed breast milk for their child attending our Early Years provision, where appropriate arrangements can be made for safe storage and handling.
- Provide information about breastfeeding and infant feeding where appropriate and signpost families to reliable sources of support.

Staff will respond sensitively and respectfully to individual family circumstances and will support families in making informed choices about infant feeding.

School lunches

We encourage pupils to eat the lunch provided by the school, however, parents of pupils wishing to have packed lunches are expected to provide their children with packed lunches which support this Policy.

A special healthy menu from our school lunch providers, Caterlink, has been put in place for lunchtime. Healthy choices are encouraged and supervised. The school menu is changed regularly and details can be found on the school website here <https://www.malmesbury.merton.sch.uk/food-in-school/>

Packed lunches

We encourage all children to eat the lunchtime school meal rather than bringing a packed lunch. Our School Packed Lunch policy makes this clear. Only 1% of packed lunches nationally meet the nutritional standards for children, whilst the school lunch meets the standards every day.

Chocolate and sweets are not permitted as snacks in school or as part of lunch boxes. Chewing gum, fruit squash, fruit juice and fizzy drinks are not permitted on the school premises or while the children are representing the school.

Malmesbury is a "nut free school". Nuts and food products containing nuts should not be brought into school.

Allergies

The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information will be displayed in the staff room and in the school kitchen.

Special Dietary Requirements

The school recognises that some students will have special dietary requirements, including allergies, intolerances, and cultural or religious needs.

Parents and caregivers are encouraged to inform the school of any specific dietary requirements to ensure the health and safety of all students

Breakfast Club

Food provided at breakfast Club will follow principles of good nutrition. We will do this by:

- Ensuring water or milk is available for children to drink
- Providing a variety of fresh fruit daily
- Ensuring that food provided will be low in sugar and salt
- Providing a pleasant eating environment where children can sit at tables and chat to their friends

Break time snacks

Children in KS2 are encouraged to bring a healthy snack to eat at break. The only items permitted are fruit and vegetables such as carrot sticks, mini tomatoes or cucumber.

Pupils in KS1 will benefit from the free Fruit and Vegetables Scheme. These pupils will be encouraged to eat their piece of fruit as part of their daily break time.

Celebrating birthdays

Children love to celebrate birthdays at school, as it is a memorable time to share with their friends and teachers.

Class teachers acknowledge children in the classroom on their special day in a variety of different ways. The entire school community is made aware of who is celebrating birthdays in our Good News Friday newsletter each week.

As a Healthy School, we recognise the importance of promoting healthy choices and creating a safe and inclusive environment for all pupils. Due to allergies and the need to ensure the safety of all children, we do not allow children to bring in cakes, biscuits, sweets or other food items to share with their classmates to celebrate birthdays.

Birthdays are celebrated in other special ways within the classroom, ensuring that every child can enjoy their special day without the need for food.

Growing and cooking in school

We regard healthy eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.

Healthy eating education forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through the Science, D.T. and PSHE curriculum.

Our school garden, supported through the curriculum as well as by Gardening Club, provides real-life opportunities for children to grow and prepare seasonal food, and to understand where healthy food comes from.

All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum and the school garden.

Children will be taught:

- To understand the importance of a well-balanced diet
- To plan, prepare and cook healthy and tasty food
- To understand how food grows and to get involved with the school garden, through Gardening club or class-based activities

Hygiene and Food Safety

Malmesbury Primary School promotes high standards of personal hygiene, food hygiene and cleanliness to protect the health and wellbeing of all children and staff.

- Children are encouraged to develop good hygiene habits from an early age, including regular and effective hand washing, particularly before eating and handling food, after using the toilet and after outdoor play or physical activity.
- Staff support children to develop independence in their personal hygiene routines and provide age-appropriate reminders and guidance.

- We maintain a clean, safe and well-maintained environment across the school, with classrooms, shared areas, toilets and equipment cleaned regularly.
- Staff involved in preparing or handling food receive appropriate food hygiene training. This includes staff working at Breakfast Club and staff responsible for food provision during residential visits.
- Food is prepared, stored and handled in accordance with appropriate food safety and hygiene procedures. Staff take appropriate steps to prevent cross-contamination and maintain good personal hygiene when handling food.
- Children are taught about the importance of good hygiene and are encouraged to take increasing responsibility for their own hygiene as they develop.

The role of Governors

The governing body is responsible for monitoring the healthy eating policy. The governors support the Headteacher in following guidelines from external agencies and support the school in the implementation of the policy.