Healthy Living Food Policy

Status	Non-Statutory
Review cycle	Every 2 years
Date written/last reviewed	September 2026
Date of next review	September 2028
Name of Headteacher	Joanne Wreford
Name of Chair of Governors	Christina Powell
Published on website	Yes

Introduction

At Meadlands we are committed to giving all pupils consistent messages about all aspects of health to help them understand the impact of particular behaviour, and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's healthy living policy.

The school supports the national campaign to encourage children to eat fruit and vegetables (5 a day), which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

Rationale

Meadlands has held Healthy School status since 2003, guidelines which can be found here: http://www.healthyschoolslondon.org.uk

It is important we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy-eating patterns.

Through effective leadership, the school ethos and the curriculum, we aim to bring together all elements of the school day to create an environment that supports a healthy lifestyle.

Aims

To ensure that we are giving consistent messages about food and health

- To give our pupils the information their need to make healthy choices
- To promote health awareness and a balanced approach to healthy eating and healthy living
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to take part in national campaigns and initiatives related to healthy living
- To maintain our healthy schools status

Breakfast Club

The breakfast club operates on a daily basis in the school and is open to all children from Nursery up to Year 6. Some children may be directly invited to attend breakfast club. We can offer financial support for breakfast club to those families who are in receipt of Pupil Premium funding.

The food offered is healthy and is consistent with a healthy diet. We provide toast, bread (a range of options including white, wholemeal, crumpets and muffins) low-fat sunflower spread, fruit jam, marmite, and yoghurt. Please see our Breakfast Club Policy for further details.

Snack

All our under 5s and Pupil Premium Grant children are entitled to free milk which is organised by the school office. All EYFS and KS1 classes are provided with a free morning fruit snack. All KS2 children are allowed to bring a piece of fruit (raw fruit not fruit bars) into school with them, which they can eat at playtime – no other snack is allowed.

On Fridays the school holds a biscuit sale, children are invited to buy a maximum of 2 biscuits; chocolate biscuits will not be part of the sale.

School lunches and packed lunches

All our school meals are provided by a contract caterer (ISS Catering) with a healthy food policy. This includes the use of fruit and vegetables each day as a choice for the children. They provide a hot meal and desert, both of which pay regard to nutritional balance and healthy options. They fully meet the government and London Borough of Richmond nutritional standards.

We encourage a healthy approach to packed lunches. Crisps (fried potato crisps), chocolate (bars, coated biscuits, cakes), fizzy drinks, fruit shoot drinks, sweet sandwiches are not allowed in packed lunches. Families are expected to support the school's responsibility in ensuring children have healthier alternatives to eat such as baked crisps, rice cakes, popcorn, crackers, yoghurt, plain fruit or vanilla sponge cake, cereal bars and savoury sandwiches only. Policy encourages that every packed lunch should have at least one portion of fruit and one portion of vegetable. Parents are encouraged to buy seasonal fruits and hope that this will keep costs low too. **We are a no nut or seed school.**

Treat Friday will include the continuation of the Friday biscuit sale (see below) as well as a treat option in a Friday packed lunch, such as a slice of cake or favourite packet of crisps. **Please note sweets and chocolate will not be permitted, even on Treat Friday.**

Water for all

Cooled water is freely available throughout the school day to all members of the school community. Parents provide their children with a bottle to store the water in. Children may drink water at any time except during 15-minute assembly, but water bottles will not be stored on children's desks. EYFS and KS1 children are also reminded to drink water at their snack time.

Food across the curriculum

Throughout the school there are number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food. Cooking is part of our Design & Technology provision and all children across the school complete at least one cooking unit of work during the year. We also have a cooking club.

Partnership and parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our schools are well placed to lead by example. Specific families (Children and parents) are invited to attend a healthy cooking club lead by a member of staff, after school.

Parents and carers are updated on our water and packed lunch policies through school and class newsletters. During out of school events, e.g. school discos the school will encourage the PTA, parents and carers to consider the food policy in the range of refreshments offered for sale to the children. PTA sales can continue as they often celebrate seasons or festivals however they will ensure that there is a good balance of treats and healthy options throughout the year.

We will continue to celebrate children's birthdays in school. We are happy to continue with the tradition of sharing a birthday cake with class friends. However parents are asked to purchase or make individual cup-cakes or muffins. If one big cake is brought to school, it needs to be cut up in advance by the parent. Healthier birthday treats, such as fruit kebabs, are also welcome. **We do not allow packets of sweets, such as Haribo, to be handed out as a birthday treat. The option will be cake or fruit. We do not wish to upset any child on their birthday, so please do not send in confectionary as an option. It will be returned home.**

Role of the Governors

Governors monitor and check the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and review

The breakfast club manager is responsible for ensuring that the food served is in accordance with this policy. Key managers at AfC are responsible for ensuring the quality of food offered as part of the contact with the caterer.