



Healthy Eating Policy 2025-27

Infant and Junior Schools

All our policies are written to reflect, support and develop our core purpose statement

“A community that cares about excellence, wonder and learning for life”

We provide a safe and exciting space where:

There is community

-  There is a strong, friendly and respectful spirit within the immediate and extended communities, supporting learning and progress of and for all pupils
-  There is a sense of belonging

There is care

-  Everyone focusses on valuing and developing the whole child, nurturing a happy and kind atmosphere where asking for help and listening is what we expect of each other
-  We understand our actions and nurture respect for each other and the environment

There is excellence

-  There is a strong sense of ambition and high academic achievement along with excellent personal progress built around quality first teaching and research informed learning
-  There is enrichment and high expectations beyond the curriculum

There is wonder

-  Every experience is more memorable than the last
-  Learning powers are nurtured and grow and grow
-  The implementation of the curriculum is rich, vibrant and creative

There is learning for life

-  There is an unstinting dedication to diversity and equality
-  There is motivation for the preservation of our environment and a thirst to become a conscientious contributor to making the world a better place
-  Pupils leave us with a thirst for knowledge and love of learning, autonomous and self-motivated, ready for their next stage and beyond

Legislation and Guidance

This policy has due regard to the related statutory legislation including, but limited to, the following:

- <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>
- www.schoolfoodmatters.org
- [Healthier Families - Home - NHS](#)

Other related policies

- Infant Behaviour Policy
- Junior Wellbeing and Behaviour Policy

Introduction

The school years are a good time to promote healthier lifestyles amongst young people. Schools can make a major contribution to improving the health of their children as they grow into adults, by helping to influence their eating habits while they are still young.

Research shows that many children currently do not eat a balanced diet **and for many pupils, the meal they eat at school is the main meal of the day.**

The challenge is to provide meals that the pupils enjoy but which also promote good eating habits. Honeywell Schools aim to meet this challenge and in so doing make an important contribution to the well-being of the children in our charge.

Honeywell Schools are already nut free and it is important that in the current climate the schools are also seen to be taking seriously and reacting to the increasing number of other food related allergies and to growing public awareness of healthy eating issues - our school menu now lists all allergens according to the Food Standards Agency chart as required. The preparation and sourcing of food is becoming particularly important, and we need to ensure our parents know that the quality of food which the schools provide is of the highest possible standard. Communication in this area is increasingly important.

Honeywell Schools has also implemented Government requirements on healthy catering practice and menu content. All food is prepared in the school kitchen by the Honeywell catering team.

Why children's eating habits matter

What children eat is important for:

- their health, growth and development
- their development of healthy lifestyles to last into adulthood
- their concentration and performance at school
- their resistance to illness

Health risks from a poorly balanced diet can include:

- anaemia resulting from insufficient iron intake
- dental decay from eating sugar too often
- poor resistance to infection resulting from lack of sufficient vitamins and minerals
- inadequate build-up of bone density resulting from insufficient calcium intake, along with too little physical activity, which can increase the risk of osteoporosis in later life
- poor diets in childhood increase the risk of later ill health, e.g., coronary heart disease.

What is healthy eating?

There are no "healthy" or "unhealthy" foods, only healthy or unhealthy diets. Healthy eating means eating a wide variety of nutritious food and it is important to select a balanced and varied diet. The food and nutrient based standards for school lunches are mandatory for all local authority maintained primary schools in England. Honeywell School complies with these <https://www.gov.uk/school-meals-healthy-eating-standards>

Our aims

Honeywell Schools will:

- monitor food sources to maintain the provision of the highest possible quality of food
- reinforce the importance of healthy eating and healthy choices in lessons and topic work where possible
- serve each child either a large or small portion of vegetables and fruit with every meal as part of the “five a day” campaign
- ensure the provision of appropriate staff training
- encourage healthy snacks and lunches, including packed lunches
- encourage opting for fruit as a pudding rather than cake
- make the lunch time experience an enjoyable and socialising experience

Healthy Snacks/Treats

In line with this policy, we do not allow treats or snacks in school with the exception of the Government Fruit and Vegetable Scheme for 4–6-year-olds. We encourage staff to use a variety of non-food related rewards as part of the schools’ behaviour policy.

Water and drinking

Recent studies have shown that dehydration has a damaging effect on children’s health and education leading to headaches, fatigue and poor concentration. Drinking water has been shown to improve concentration and class behaviour. Therefore, water should be freely available in the dining room at lunchtime, in the playgrounds and in the classroom throughout the day.

Honeywell Schools will therefore ensure that:

- jugs of fresh drinking water are available in the dining room at lunch times
- water fountains are available in the playgrounds
- children bring a named water bottles to school which is to be taken home each day and re-filled with fresh water and kept in the classroom for using during the day
- children are encouraged to drink water during the day and particularly after PE lessons and playtimes
- the importance of drinking sufficient water is reinforced in lessons and topic work where possible.

Monitoring

Monitoring of healthy eating and water drinking will take place through:

- Bi-annual meetings of the Healthy Eating Forum Group
- close liaison between the head teachers, governors and the catering manager
- a healthy eating focus throughout both schools reinforced in lessons, assemblies and through PHSE Curriculum and across all subjects
- monitoring of children’s eating habits in the dining hall by kitchen and teaching staff

Record keeping

All information collected in relation to this policy will be stored in accordance with our Privacy Policy and will not be shared with third parties unless it hinders the safety of the child.

Review

This policy will be reviewed and adopted by the Pupil Welfare and Community Committee with a detailed review every two years, or earlier if necessary.