James Cambell Primary School

Partnership Learning

JAMES CAMBELL PRIMARY SCHOOL

WHOLE SCHOOL FOOD & DRINK POLICY

School	James Cambell Primary School
Policy date	October 2026
Review date	October 2027
Policy owner	School Leadership Team
Approval	Heateacher Signed: 

Introduction

The James Cambell Primary School is committed to promoting healthy lifestyles and providing an environment that supports healthy eating. We aim to help pupils make informed choices about the food and drink they consume through a whole-school approach to food and nutrition.

This policy sets out the principles and practices through which the school promotes healthy eating and drinking. It is intended to support a consistent approach across the school community, including staff, pupils, parents and carers, governors, catering providers and other adults working with children.

The Whole-School Approach

A whole-school approach is important in helping pupils and families make positive choices. Clear, reliable and positive messages about healthy eating, good nutrition and oral health will be promoted throughout school life.

The school recognises the importance of children's health and wellbeing and the relationship between wellbeing, learning and lifelong habits. We aim to support pupils to develop the knowledge, skills and attitudes needed to make balanced choices, while treating food and body image sensitively and inclusively.

Healthy eating and nutrition are supported through the curriculum, food and drink provision, school communications and the wider school environment. The school works with its catering provider to support meals that meet the applicable School Food Standards.

Food Policy Aims

The main aims of this policy are to:

- Promote healthy eating and drinking across the school day.
- Enable pupils to make informed food choices through appropriate information, skills and attitudes.
- Provide access to healthy food and drink choices in school.
- Ensure that food provision takes account of pupils' individual dietary, cultural, religious and medical needs.
- Promote positive messages about food, wellbeing and oral health.

Equal Opportunities

The school values every pupil and aims to provide equitable opportunities to learn about healthy eating and access appropriate food and drink. Provision will be inclusive and take account of individual needs.

Curriculum

Food, nutrition and healthy lifestyles are taught at an age-appropriate level throughout the curriculum. In line with the National Curriculum, learning may include healthy eating in Science and Design and Technology (D&T), including food preparation and cooking skills.

Science may include learning about food groups, nutrients, digestion, the body and the relationship between diet, exercise and health. D&T may provide opportunities to explore where food comes from, taste foods, plan and prepare dishes and develop practical food skills.

Healthy eating may also be reinforced through:

- Physical Education (PE), including the relationship between activity, diet and wellbeing.
- Personal, Social, Health and Economic education (PSHE), including health, wellbeing and positive self-care.
- Religious Education (RE) and wider learning about cultural and religious food practices.

Teaching Methods and Resources

Teaching approaches may include discussion, debate, group work, practical activities and food preparation, where appropriate. Resources will support curriculum learning and may be reviewed through the school's usual arrangements.

Food and Drink Provision throughout the School Day

The school aims to ensure that food and drink provision is consistent with healthy eating messages and supports pupils to put their learning into practice. Food provided by the school or its catering provider should comply with the applicable School Food Standards and relevant food safety requirements.

Breakfast

The school provides a breakfast club in line with its current arrangements. The school aims to offer a suitable breakfast and promote a positive start to the day. The club's provision, operating arrangements and any applicable requirements will be communicated to families. Food and drink offered will be appropriate to the age and needs of pupils and comply with relevant standards.

School Lunches

The school aims to provide pupils with the opportunity to have a healthy, balanced lunch. Catering provision should meet the applicable School Food Standards. Pupils are encouraged to make balanced choices, and dietary requirements, allergies and intolerances must be communicated to and managed with the relevant school and catering staff.

Sugar and Oral Health

The school promotes sensible approaches to sugar consumption and oral health through curriculum learning, information shared with families and the wider school environment. Where suitable, the school may signpost families to recognised oral health resources and encourage regular dental care.

Drinks and Drinking Water

Drinking water should be freely available to pupils throughout the school day. Pupils should be encouraged to drink water regularly. Any additional drinks provided by the school or catering provider should be appropriate and consistent with healthy eating guidance.

Packed Lunches

Parents and carers are encouraged to provide packed lunches that support a balanced diet and complement the School Food Standards. The school may share guidance on healthy packed lunch choices through induction, newsletters and other communications.

After-School Provision

Where food is provided as part of after-school clubs or other extended provision, the school aims to ensure that it is appropriate, balanced and consistent with the applicable School Food Standards. Families will be informed of relevant arrangements.

Special Events

Food provided for celebrations, events or special occasions should support a balanced approach. Where practicable, options will include fruit or vegetables, and pupils and families will be encouraged to consider varied choices.

Use of Food as a Reward

The school does not encourage the regular use of sweets or foods high in sugar or fat as rewards for behaviour, achievement or other purposes. Positive reinforcement should normally use non-food rewards.

Promoting Healthy Eating Messages through the School Environment

Healthy eating messages may be promoted to pupils, staff, parents and carers through:

- Lessons, assemblies and school events.
- School council and pupil voice.
- Breakfast club and other food provision.
- Parent induction, meetings and parents' evenings.
- Menus, newsletters, questionnaires, posters and school communications.
- Staff development and displays.
- Positive dining experiences and recognition of healthy choices, where appropriate.

Role of Staff

Staff are expected to support the principles of this policy and promote consistent, positive messages about healthy eating. The designated policy lead will, as appropriate:

- Ensure staff and families are informed about the policy and its implementation.
- Support staff to access appropriate information and training.
- Liaise with catering providers and relevant external agencies.
- Monitor healthy eating teaching and learning and support curriculum coverage.
- Encourage positive role modelling and inclusive practice.

Role of Parents and Carers

The school recognises the important role of parents and carers in children's food choices. We aim to work in partnership with families by sharing information about school practice, promoting healthy choices and discussing any concerns about a pupil's eating or access to food.

Dining Environment

Mealtimes provide opportunities for pupils to try foods, develop social skills and enjoy eating with others. The school aims to provide a welcoming dining environment by:

- Maintaining suitable furniture, seating and supervision.
- Allowing pupils appropriate time to eat without being rushed.
- Supporting reasonable conversation and managing noise positively.
- Presenting food attractively where practicable.
- Promoting respectful, positive messages about food.

7. Special Dietary Requirements

Religious and Cultural Diets

The school and its catering provider will take account of pupils' religious beliefs and cultural practices when arranging food provision, in line with available provision and agreed procedures.

Vegetarian and Vegan Diets

Appropriate vegetarian options should be available through school meal provision. Vegan or other specific dietary options will be considered and arranged through the school and catering provider as appropriate.

Food Allergies and Intolerances

The school will follow its procedures for identifying and managing food allergies and intolerances. Relevant pupil medical information and healthcare or emergency plans must be shared with appropriate staff. Catering staff must be informed of known allergies, intolerances and agreed dietary requirements through the school's established process.

Allergy management arrangements, including emergency response, medication and communication with families, will be addressed through the relevant individual plans and school procedures. Refer to the school's medical needs, allergy and food safety procedures as applicable.

8. Food Safety

Appropriate food safety precautions must be followed when food is prepared, handled or stored. These include suitable storage and washing facilities, appropriate food hygiene training for food handlers, and the use of suitable equipment and protective clothing. Food safety hazards must be identified and controlled in accordance with the school's and catering provider's procedures and relevant legal requirements.

9. Monitoring and Evaluation

The school will monitor the implementation and impact of this policy through feedback from pupils, staff, parents and carers, governors and relevant providers, as appropriate. The policy will be reviewed annually, or sooner where changes to provision, guidance or school procedures make this necessary.