



**MOSAIC**  
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# HEALTHY EATING POLICY



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## Policy Aim

To promote the health and wellbeing of all pupils by creating an environment where healthy eating is modelled, taught, encouraged, and celebrated. This policy supports our commitment to achieving the Healthy Schools Award and aligns with national guidance on children's health and nutrition.

### 1. Intent

At Golborne Community Primary School, we recognise that establishing positive eating habits early in life has a lasting impact on pupils' physical health, emotional wellbeing, concentration, and academic achievement.

Our intent is to:

- Provide pupils with access to nutritious food throughout the school day.
- Equip children with the knowledge and skills to make informed food choices.
- Work in partnership with families and external agencies to reinforce healthy eating habits.
- Ensure consistency in messages about food across school life.

### 2. School Dinners

We provide balanced school meals that meet national School Food Standards.

Our approach includes:

- Meals provided by Local Kitchen with whom we hold a formal contract.
- Regular review meetings held between the Site Manager with the supplier to ensure quality, compliance and stakeholder feedback is actioned.
- Promotion of balanced meals.
- Encouraging children to try a variety of foods and supporting positive mealtime behaviours.

### 3. Packed Lunch Guidance

To support our healthy eating values, packed lunches should provide a balanced and nutritious meal that helps children stay focused and energised throughout the school day. We encourage families to include a variety of foods that contribute to a well-rounded diet.

**Recommended items include:**

- sandwiches or wraps with healthy fillings
- fruit and vegetables
- dairy or other calcium-rich options
- water as the primary drink

We understand that occasional treats can be part of a balanced approach to eating. One small treat is acceptable. **Fizzy drinks are not permitted.**

For advice and guidance on a healthy packed lunch please visit <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>.

### 4. Snack Policy

The school provides fruit and/or vegetables to children daily through the School Fruit and Vegetable Scheme (SFVS).

The SFVS supports pupils in achieving their "5 A Day" by offering one free piece of fruit or a vegetable each school day. This initiative encourages positive eating habits from an early age and helps ensure that children have access to a nutritious snack during the school morning.

As the school already provides a healthy snack for all pupils, children are encouraged to have the snack provided. However, they may bring an additional snack from home if required.

Any snack brought in must follow our healthy eating guidelines.

Permitted snacks include:

- fresh fruit
- fresh vegetables (e.g. carrot sticks, celery sticks)
- rice cakes or rice snacks
- high-protein snacks
- plain crackers
- breakfast or oat bars that do not contain chocolate

Not permitted:

- confectionery
- biscuits
- crisps
- fruit winders or other high-sugar alternatives

## 5. Water

Children should bring a fresh water bottle to school each day. Bottles can be refilled throughout the day at the school's designated fresh drinking water points, ensuring pupils stay hydrated and ready to learn.

Please note juice is not permitted during lesson time due to the sugar content and impact on dental health.

If a child requires juice due to a medical condition, the class teacher must be informed and appropriate medical evidence must be provided so that an agreed arrangement can be put in place.

## 6. Allergies and Medical Needs

We are committed to providing a safe environment for all pupils, including those with food allergies or intolerances.

Our procedures include:

- Clear documentation of all allergies via Health Care Plans and parental communication.
- Staff training in recognising symptoms and administering emergency medication – our site manager is our Designated Allergy Lead.
- Adapting food provision with the catering supplier and school cook to meet individual needs.

See our separate Allergy Policy for further information and guidance.

## 7. Birthdays and Celebrations

We recognise that birthdays are special occasions and many families enjoy marking them by sharing a small treat with classmates. As part of our wider commitment to promoting healthy eating and supporting pupil wellbeing, we ask parents/carers to consider the type and quantity of treats sent into school.

If families choose to provide sweets or chocolate for a birthday celebration:

- Treats should be limited to small, fun-size items only (one per child).
- Only one treat per pupil should be provided—multiple sweets or packets will not be distributed.
- All treats will be handed out at the end of the school day, allowing parents/carers to decide if and when their child may have them.

## 8. Curriculum Links

Healthy eating is embedded across the curriculum through subjects such as Science and Design Technology – see specific curriculum documentation.

Within our Science curriculum, pupils are taught about the importance of eating a balanced diet and a range of food groups (Year 2 and Year 3).

Within our Design Technology curriculum, pupils focus on cooking and nutrition where they learn to make a range of nutritious meals including smoothies, rainbow wraps, pasta salad, vegetable soup, couscous bowls and savoury muffins.

## 9. Partnerships and Support Services

We recognise the importance of working collaboratively with families and external organisations.

This includes:

- Sharing guidance and resources with parents regarding healthy eating.
- Working with school nurses or public health teams to support pupils' dietary needs.
- Promoting national health campaigns (e.g. Change4Life).
- Involving the community through cooking workshops, tasting events and other projects.

We are committed to communicating clear, consistent messages about healthy eating to families and the wider school community. Healthy eating expectations are introduced from the very beginning of each child's school journey.

Our approach includes:

- New Reception Starter Intake Meetings – During induction sessions, parents and carers are informed about our healthy eating principles, packed lunch expectations, allergy procedures and the role they play in supporting their child's wellbeing.
- Meet the Teacher Events – Class teachers reinforce key messages at the start of each school year, ensuring families understand snack guidance, lunch expectations and how healthy eating supports behaviour, concentration and learning.
- Website and Online Resources – Our Healthy Eating Policy is published on the school website alongside practical guidance, example packed lunch ideas and links to resources. Updates are made regularly to keep parents/carers informed of any changes.
- Headteacher's Newsletter – Ongoing reminders, celebrations of healthy initiatives and updates are shared through the Headteacher's newsletter to maintain visibility and promote a whole-school culture of healthy eating.
- Monthly Wigan Healthy Schools Newsletter - These are distributed to parents/carers, providing health and wellbeing advice, along with information about support services available within the local community.
- Support for Families – Where needed, we provide individual guidance or signposting for families who may benefit from further support, including access to school nursing teams, public health information, and community services.

These communication channels ensure that healthy eating messages are reinforced consistently and that parents/carers feel supported in helping their children make positive choices.

### 10. Monitoring and Evaluation

The effectiveness of this policy will be reviewed annually by the SLT, Site Manager, Healthy School's Coordinator and School Ambassadors.

Feedback, observations and catering reviews will inform updates.