



Healthy Eating Policy

Version	Document Title	Status	Author	Approved by	Date	Reviewed On	Next Review Date
0.1	Healthy Nutrition Policy	Final	School Doctor	Principal/Vice Principal	June 2024	August 2025	August 2026
Regional Director		Principal			Vice Principal		
Head of Foundation Stage		Head of Primary			Head of Secondary		

A. Aims

The general aims of this policy are:

1. To promote nutritional awareness and to provide consistent messages about nutrition through classroom education.
2. To provide members of staff, parents/guardians, and pupils with clear information on healthy eating.
3. To support and encourage healthy eating habits in children, which we hope will become lifelong habits.
4. To promote the health and safety of children with serious food allergies.
5. To support parents/guardians and children in making healthy and enjoyable decisions around food by providing nutritional information.

In this way, we hope to improve children's concentration, learning, and energy levels.

B. Guidelines

1. Parents are asked, when choosing lunches, **not to include** the following items as they are prohibited in our school: any child who brings these items to school will be asked to bring them home in their lunchboxes.
 - Pork
 - Fast Food e.g., Mc Donald's, Burger King Etc.
 - Sweets/lollipops/ Donuts
 - Fizzy drinks/energy drinks
 - Hot liquids
 - No Nut products
 - Chewing gum
2. The school has two breaks for students, Snack, and lunch break. Please ensure your child has enough nourishing food and drinks for both breaks. Please pack the snack and lunch separately in their lunchbox so we can ensure they are eating the appropriate items at each break. Please note: Snacks should contain fruit and/or vegetables every day.
3. As our school caters for younger children, please ensure that all food is well prepared (e.g., fruit peeled and chopped if necessary and sandwiches cut).
4. Please ensure that cutlery is provided where needed and all food and drink containers are child friendly, i.e., the child can open and close them by themselves.
5. Children are requested to take home some uneaten food so that parents/guardians know if the quantity they are sending is too large or if the child does not like a particular food. Uneaten food may not be thrown into the bin.
6. We are working towards becoming an environmentally conscious school. To reduce waste, we encourage the use of re-usable containers, flasks, beakers etc. Glass bottles and cans are not allowed for safety reasons.

C. Exceptions

From time to time during the school year, treats will be organized by school staff on special occasions e.g. school trips, baking days etc. On these days, all pupils will receive the same treats, thus eliminating the opportunity for comparing treats and any teasing or unkind words. Careful attention will be given to any dietary requirements, food allergies, or religious observances when selecting treats for the pupils.

D. Contents

Birthday Celebrations: If you would like to celebrate your child's Birthday in school, please pay close attention to the following:

- We cannot celebrate birthdays in school with a party.
- All children can sing Happy Birthday at "Singing Time" or at another convenient time for the class. If you want to be present, please inform the class teacher, and they will arrange a convenient time.
- Only non-food items can be distributed to other students in school.
- Parents are not present in the classroom for birthday songs etc. as this interrupts the flow of the day and we are all extremely busy ensuring we cover the curriculum.

E. Food Allergies

Newlands is a "Nut Free" school.

Parents/guardians of a child with serious food allergies or special dietary requirements must notify the school. They are responsible for outlining the implications of food allergies and specifying the foods to be avoided. In school, all staff will be made aware of potential issues with any child via our staffroom information board.

F. School Support

- Our school Doctor will continue to provide information and support to all parents and families in the areas of healthy lunches, healthy food and cooking and other related issues with parent meetings, courses for parents and any other support that is needed.
- Should a child forget to bring their lunch to school, parents/guardians will be notified by telephone and requested to provide their child with a healthy lunch.
- In emergencies, the school will endeavor to provide a healthy snack. Across the curriculum, lessons that support this Healthy Eating Policy will be taught at all class levels.