

Westmorland Primary School



Food and Nutrition policy 2025

Reviewed July 2025

Review again July 2026

Food and Nutrition policy for Westmorland Primary School:

Intent and rationale:

The Government have released some statistics about EYFS:

- Over a fifth of children are either overweight or obese by the time they join Reception class in Primary School the figure gets far worse by the time they reach year 6.
- Type II diabetes, which usually appears in adulthood, is starting to be seen among some overweight children.
- Recent evidence has confirmed that a high sodium intake is associated with high blood pressure in children and adolescents.
- Dental health is poor in many primary aged children.
- More than one in four young children in the UK may be at risk of iron deficiency.
- Some children eat mainly foods that are low in energy, iron and vitamin A, and high in saturated fat, sugars and salt which all contribute to poorer health longer term. Lunchables, for example have a very high level of fat and salt.
- Many young children also eat fewer than the recommended five portions of fruit and vegetables each day.

The aim of this policy is to provide a consistent approach to health eating, between home and school. This is to support health, development and learning.

This policy supports and brings the main school into line with changes already implemented by meeting the requirements of the statutory framework for the Early Years Foundation Stage 2025, and the Early Years Foundation Stage Nutrition Guidance 2025.

The DFE are ensuring schools have ownership over healthy food choices in EYFS and expect schools to monitor and intervene. Following successful implementation in our EYFS Westmorland are going to roll this out to the whole school to promote health and wellbeing. This is an expectation and not an option.

Healthy diet for children:

Children should eat a varied diet consisting of 3 meals a day – Breakfast, Lunch and Dinner. Children can have healthy snacks throughout the day.

The safest drinks for the promotion of optimal oral health and to prevent obesity are semi skimmed milk and water.

Choices

Children at Westmorland can choose between bringing in a healthy packed lunch, or ordering a healthy freshly cooked school dinner, which includes the 4 main food groups.

The healthy school dinner is made fresh on site by our team from Totally Local. The summer terms menu contains lots of kids favourites, sausages, nuggets and burgers are all amongst the choices available to your child. There is always a choice for your child. Many of you will be entitled to free school meals. Some of you may find it easier to start your child on school dinners from after half term, please phone the office, staff will be happy to help.

Believe it or not a paid school dinner is far cheaper than going to Mo's and buying crisps, a drink, a sandwich and a healthy snack, this can reach nearly £10 per day. (other food stores are available) Indeed a week's worth of freshly prepared, healthy, meals and a healthy pudding now only cost just £2.75 per day or £13.75 per week, (paid meals have actually come down in price!) Many children at Westmorland are entitled to free school meals so if you wish to change and save significant amounts of money each week please phone the school office.

Children across the school already have access to fresh drinking water throughout the day using their school water bottle.

Children in KS1 get free fruit from the Government, and all school children can pay for an additional snack at breaktime too.

ALL Packed lunches: From the first day back after half term...

We take our part in promoting the children's health very seriously.

Many children bring in boxes with a mini selection of a few things they like. We know children might not like sandwiches etc and that is fine.

If your child is not sent to school with healthy choices, you will be asked to bring a healthy option or order and pay for a school lunch.

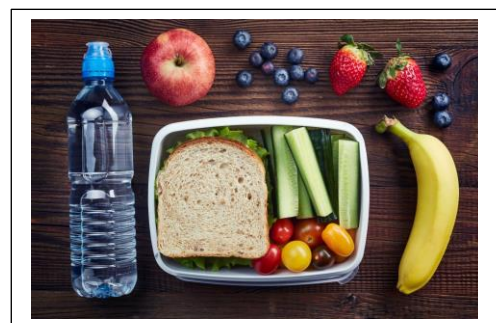
A typical, healthy packed lunch could be a sandwich, pasta, wrap (or main meal), fruit, yoghurt, and a drink. **Only water will be accepted (flavoured is acceptable) NO NUTS SHOULD BE INCLUDED.**

Children will be allowed to bring **one** treat – a biscuit, a small piece of cake or crisps.

If your child brings in more than one sweet treat, we will take these out of children's packed lunches and return them to you at the end of the day as we are expected to promote a low sugar, fat and salt diet for the children. **This is a DFE guideline.**

If your child has sensory issues relating to food so this policy would be difficult for your child please discuss it with us. Children can eat safe foods and still be healthy.

Examples of a healthy lunchbox look like this:



A healthy balanced diet for a child of primary age is based on the four food groups listed below.

1. Potatoes, bread, rice, pasta and other starchy carbohydrates (White or wholegrain bread, rolls, pitta bread or wraps. Chapattis. Plain naan bread. Bagels. Cooked pasta, rice, noodles, couscous or potato)
2. Fruit and vegetables Carrot, cucumber, pepper or celery sticks. Lentils included in daal. Grated carrot in sandwiches or wraps. Fresh fruit or dried fruit
3. Beans, pulses, fish, eggs, meat and other proteins
4. Dairy and alternatives - A pot of yoghurt or fromage frais. Cheese in sandwiches or wraps. Semi-skimmed (for children two and over) to drink

Rewards/special celebrations

Rewards for children on a day to day basis will be non-food based rewards. These will include stickers, verbal praise, prizes, certificates but this list is not exhaustive. Rewards will be based on children's interests and needs. For special treats – rewards may be food based but this will be once a term at the most.

For birthdays/other special events that aren't religious or cultural occasions, parents are welcome to bring in 'bought' birthday cake, or treats, which have the ingredients and allergies clearly listed. These will be handed to children/parents at the end of the school day, and therefore is parental choice if your child eats these treats

Thank you for your support.

Westmorland Primary School