



Healthy Eating Policy – St Mary's Catholic Primary School

Policy Statement

At St Mary's Primary School, we are committed to promoting healthy eating habits and supporting pupils in making informed food choices. We aim to create a positive food culture that reflects the values of wellbeing, inclusion, and enjoyment.

This policy aligns with the Department for Education's School Food Standards, which encourage schools to provide nutritious food and help children develop lifelong healthy eating habits.

🎯 Aims

- To ensure all pupils have access to balanced, nutritious food throughout the school day.*
 - To educate children about healthy choices through curriculum links, assemblies, and practical experiences.*
 - To respect cultural, medical, and personal dietary needs.*
 - To foster a supportive environment where food is enjoyed socially and responsibly.*
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🍴 Food Provision

- School Meals: Provided in accordance with the School Food Standards, including a variety of vegetables, whole grains, and lean proteins. Meals are served in a pleasant, social setting.*
- Snacks: Pupils are encouraged to bring fruit, vegetables, or other healthy snacks. Crisps, sweets, and sugary drinks are discouraged.*

- *Drinks: Water is available throughout the day. Milk may be offered to younger pupils.*
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Birthday Treats

We recognise that birthdays are special occasions for children. Families may choose to send in sweet treats (e.g. cupcakes or biscuits) to share with classmates. However:

- *Participation is optional – parents/carers may opt out by notifying the school.*
 - *Treats will be distributed at the end of the school day.*
 - *We ask that all items be nut-free and clearly labelled with ingredients to support allergy awareness.*
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Forest School Snacks

As part of our Forest School experience, pupils are offered:

- *One marshmallow*
- *One cup of hot chocolate*

These treats are part of a supervised outdoor learning activity and are provided in moderation. Parents may opt out by informing the Forest School lead.

Curriculum Links

Healthy eating is embedded across subjects including:

- *Science: Nutrition and the human body*

- *RSHE: Making healthy choices*
 - *DT: Cooking and food preparation*
 - *RE: Exploring food in cultural and religious contexts*
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Early Years

In Early Years, we promote healthy eating habits through daily routines and practical experiences. Each morning, children are offered a healthy snack and drink while seated together, supervised by first aid trained staff to ensure their safety. We also cook weekly, giving children the opportunity to prepare and taste a variety of healthy foods as they learn about a balanced diet. All allergies and parental preferences are carefully considered when planning our cooking curriculum. In addition, children under the age of five are offered milk each day as part of their entitlement. Occasionally, sweet treats may be offered in line with our whole school policy (for example, during celebrations or special events). Parents who prefer for their child not to take part in these occasions are welcome to opt out.

Parental Engagement

We encourage families to support healthy eating at home. Resources and guidance are shared via newsletters and workshops. Parents are welcome to discuss dietary concerns with staff.

Monitoring and Review

This policy will be reviewed annually by the RSHE lead and SLT. Feedback from pupils, staff, and families will inform updates.

References

- [School Food Standards Practical Guide – GOV.UK](#)
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