



Meridian Primary School
Food Policy (Healthy Schools)

December 2025

1. Introduction

At Meridian Primary School we aim to develop the full positive potential of every individual pupil in our care.

We recognise the vital role that good food and nutrition play in contributing to the health and wellbeing of all members of the school community, thus enabling them to achieve their potential.

We are aware of and abide by all legislation, including the most recent guidance on Natasha's Law (October 2021).

We are a nut aware school and do not allow any type of nuts or derivatives to be consumed or brought on to the premises.

2. Rationale

Meridian Primary School is a healthy school; we recognise the link between health and educational achievement and are committed to the personal development of each member of the school community. It is important that we review and examine all dimensions of school life, including our food provision, ethos and taught curriculum, to ensure that we promote health awareness to all members of the school community.

3. Objectives

- To ensure that the formal curriculum gives pupils up-to-date and consistent information about food and nutrition to enable them to make healthy eating choices
- To ensure that menus and food choices are in line with Government and Public Health guidance
- To identify opportunities to develop and improve the eating environment
- To ensure we promote healthy foods across the whole school day, including breaktimes and out of school clubs
- To ensure that the staff responsible for food technology are appropriately trained
- To ensure that all school activities, including social activities, meet with guidelines for food in schools
- To identify training needs which would support the promotion of Healthy Eating in school

4. How Are We Going To Meet Our Objectives?

We use Lunchtime UK to provide our school lunches. They work with the Headteacher to ensure that the school is:

- Meeting the DfE School Food in England standards
- Promoting healthy food across the school day
- Complies with all requirements under Natasha's Law

This will apply to all food within school, including food offered to staff.

5. Water in School

We encourage pupils and staff to drink water, as we recognise the link between hydration and physical and mental wellbeing.

Pupils will be allowed water in lessons, preferably in a clear bottle. Pupils are encouraged to take responsibility for drinking water sensibly. School Council will regularly remind pupils of the importance of drinking water during the school day, along with the associated responsibilities. Water will continue to be readily available in the school dining room at lunch time and in the classrooms at all other times.

We will ensure that water is available to staff at all times.

6. Early Years

For early years, new guidance, effective from September 2025, emphasises that:

- only milk and water should be offered as drinks
- a fully trained paediatric first aider must be present when children are eating (including snacks).

7. Residential Visits

When food is provided by external agencies on residential trips, we will, where possible, share our food policy with them.

When the school oversees food provision on school trips, including tuck shops, we will aim to follow the school standards for lunch and snacks.

8. Packed Lunches & Snacks

We will actively encourage parents to follow similar guidelines when providing food in packed lunches. We will sign post them to guidance such as <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

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- Posting recent Government and Public Health guidance and information on the school's website
 - Exploring opportunities to raise parental understanding of healthy eating principles

We recognise, and actively encourage, the role of young people in making positive food choices. The taught curriculum will facilitate the development of such skills.

The School Council will produce a list of preferred snacks. See Appendix 1.

9. The Taught Curriculum

The Senior Leadership Team, along with the Science and Design & Technology Leader will ensure that pupils receive consistent and up-to-date information about nutrition across the curriculum, particularly in Science and Food Technology. We will give pupils the opportunity to reflect upon their diets and to develop their skills in making positive choices.

10. The Eating Environment

We recognise the importance of creating an environment that encourages positive social interaction. All children eat in the dining hall. This area is staffed at all times to ensure that the eating environment is safe, clean and pleasant.

We will continue to develop the eating environment by consulting pupils on their views. There is a 'Golden Table' for children who demonstrate positive behaviour at meal times. 'Food in School' will be a regular item on the School Council agenda. Strategies for enhancing the eating environment will form a key part of these discussions.

11. Allergens

To help keep all pupils safe, the following procedures are in place for managing food allergies in our school:

- Parents/carers must complete the school medical form if their child has any food allergies.
- All prescribed allergy medication must be provided to the school and kept up to date.
- Allergy medications will be stored and used in line with the First Aid and Administration of Medication policies.
- Parents, staff and pupils must ensure that a child is never given access to any food containing their known allergens.
- We are a nut-aware school - no nuts or nut products should be brought into school at any time.
- Regular reminders about allergy safety and nut-awareness are shared with all stakeholders (parents, pupils, staff and visitors).

12. Food Hygiene

- Children should be reminded to wash their hands after going to the toilet and before eating.
- Water bottles and lunch boxes should be taken home every day to be washed.
- When handling food in lessons both staff and children should have clean hands, hair tied back and a clean surface to work on.

13. Food Used in Fundraising, Prize Giving and Celebration

Special occasions, such as Christmas, Sports days and the end of terms are a time when staff and pupils like to celebrate. Class parties reflect our ethos, whilst also recognising the place of occasional treats in moderation as part of a healthy balanced diet. Sweets will not be given in school as rewards for behaviour and good work.

We are committed to charitable fundraising at Meridian Primary School. In following the standards for food in schools other than school meals, we allow cake and biscuit sales at certain times.

Fundraising activities by the PTA will endeavour to offer a variety of options to help children make a healthy choice as part of their personal development.

14. The Development of the Food Policy

Representatives from the following groups will be invited to be involved in all development, decisions and actions:

- Governing Body
- Pupils
- Catering Providers
- Parents
- Teaching and Support Staff
- Other advisors, e.g. School Nurse, Dietician, Oral Health Promotion Staff

15. Monitoring and Evaluation

We will use the following indicators to monitor and evaluate our progress:

- A frequent and systematic approach to monitoring food provision will indicate that we meet with the DfE standards across the school day
- Regular consultation with pupils should demonstrate their awareness of healthy choices and the availability of drinking water

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- There are clearly identified learning outcomes for all Healthy Eating activities
 - Policy and practice is regularly revised and reviewed, involving staff, governors, young people and the parent forum
 - The impact of training for staff and governors on practice is evaluated
 - A variety of methods are employed to communicate the key points of the policy and curriculum to the community

16. Policy Review

The Policy will be reviewed in line with the rolling programme of Policy reviews.

Appendix 1

Snacks

Schools snack guidance from Public Health England and The Change4Life campaign recommend the following for school snacks:

Fresh Fruit

Vegetables

Cheese 20g max (unprocessed e.g. not cheese strings)

Plain crackers/breadsticks or rice cakes (no spreads)

Dried and freeze dried fruit

Plain popcorn

Milk

Water

Parents are expected to promote a healthy choice of snack by encouraging children to bring in a snack from the Healthy Snack List.

If a child has forgotten their snack or brings in a snack which is not on the list, they will be offered free fruit instead.

National Fruit and Vegetable Scheme

Our school is pleased to participate in the National Fruit and Vegetable Scheme which provides a free piece of fruit or vegetables each day for every child in Reception, Year 1 and Year 2.

Department of Health Milk Scheme

Our school participates in the Department of Health Milk Scheme which provides a free 189ml portion of milk each day for every child in Reception and all children in receipt of the Pupil Premium. All other children at school are offered milk for a small cost.