CORBY PRIMARY ACADEMY

Healthy Eating Policy
2026-2027



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Healthy Eating at Corby Primary Academy

Introduction:

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1. Aims, purpose and responsibility

- Why children need to eat well.
- What children eat today shapes how they'll eat for the rest of their lives
- Too many children aren't getting enough of the right foods to eat – and too little of the foods that help keep them healthy
- When children eat better, they do better – they're in better shape to reach their full potential
- Being able to cook is an essential life skill: it all starts with getting children excited about food
- Eating good food is one of life's real pleasures: every child should know how it feels to enjoy a tasty meal with people you love.
- The Importance of Good Nutrition for Kids

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events. At Corby Primary Academy, we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the academy, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices. We aim to ensure that healthier food and drink is provided at all times of day, taking account of individual needs (e.g. cultural, ethical, medial), reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school.

This policy explains:

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices
- Our approach to improving pupils' health through healthy eating.

We aim to:

- Increase knowledge and awareness of a healthy diet through workshops and our PSHE and Science curriculum.
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day
- Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day.

Responsibility

It is the responsibility of all staff, including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices:

- Senior Members of staff lead on the development and monitoring of Health Education and its implementation and liaise with the kitchen staff and midday supervisors.
- The subject leaders of PSHE, PE and DT are jointly responsible for what is taught about healthy eating and practical food education in the curriculum.

2. Food in the curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE and PE. We ensure that pupils are taught cooking from Reception up to Year 6, in line with the new national curriculum, developing their understanding in food related issues including food hygiene and safety issues. All food preparation is healthy.

This policy will contribute towards other policies in the following ways:

Behaviour: Children who eat healthily are more focussed on their work and behaviour is better

PSHE: Healthy food and choices and practical food education is included in the curriculum

Science: Healthy eating and nutrition is part of the science curriculum

Equality: We take account of the needs of all our children, including those with disabilities and allergies

3. School lunches

All our school meals are provided on site by our catering team, who act in accordance with the School Food Standards. You can arrange school lunches for your child by contacting the school office. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods. We encourage all parents to take free school meals, where there is an entitlement.

4. Packed Lunches

This applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours. To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools which is in line with The School Food Standards.

Packed lunches should not include:

- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- Reconstituted or processed meat products such as sausage rolls, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week)
- Fizzy or sugary drinks.

These expectations are monitored by lunchtime staff, who communicate with parents when necessary. In cases of repeated concerns, these are communicated and logged through the school's safeguarding procedures.

Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Nut allergies

We are a nut-free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school and children with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions

5. Snacks

All Nursery, Reception, Year 1 and Year 2 classes are provided with a morning break time snack of fruit or vegetables. Milk is provided free for under-fives and is available at a cost for those over five in the rest of the school. As part of promoting healthy eating, children are encouraged to eat the fruit and vegetables. Children are given responsibility for passing the fruit to others and for helping to clear it away.

Key Stage 2 children are asked to bring in fruit (fresh or dried) or vegetables for playtime.

Only healthy snacks are allowed at break time. Fizzy drinks, sweets, crisps and chocolate biscuits are not allowed in school as a snack or on school trips. Crisps are only allowed as part of a packed lunch. When participating in school-organised swimming lessons, children are permitted to bring a snack to eat whilst off-site. As with other snacks, this should be fruit, vegetables, crackers and cheese or low-fat cereal bars. Fizzy drinks, sweets and chocolate are not permitted.

6. Partnership with parents and carers

We inform and involve parents and carers about healthy eating through the school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Parents and carers are updated on our policies through school newsletters and on the school website. We ask parents and carers not to send food or drinks which conflict with our food policy, and we remind them that only water, low sugar juices or milk be consumed during lunch time.

During out of school events such as trips and swimming lessons, the school will encourage parents and carers to consider the food policy and packed lunch policy in the range of food and drinks offered. Parents are also informed of the school meals on offer through the weekly menu which is sent out to each family.