



Healthy Eating / Lunchbox Policy 2026-2028

"Love, Laugh, Learn"

We will ignite the ability in all to 'Love, Laugh and Learn', recognising the extraordinary and wondrous in everything and in everyone. Our rich, varied and creative curriculum, together with our Christian values, will empower all to flourish following Jesus's promise 'I have come to give life and life in all its fullness.'
(John 10:10)

Our School Christian Values



1. Purpose and Rationale

At Wrockwardine Wood CE Junior School, we are committed to promoting healthy eating habits that support children's **physical wellbeing, emotional wellbeing, learning and behaviour**. A balanced diet helps children to grow, concentrate, regulate emotions, and build lifelong positive relationships with food.

Healthy eating is also part of our wider duty to **safeguard and promote the welfare of children**. In line with **Keeping Children Safe in Education (KCSIE) 2025**, we recognise that children's health needs, patterns of presentation (for example, regularly arriving without lunch), and family support needs may sometimes be indicators of wider welfare concerns requiring early help and/or safeguarding action.

This policy applies to:

- Packed lunches and snacks brought from home
- Food and drink provided by the school (where applicable)
- All pupils, staff, visitors, clubs and events where food is involved

This policy is informed by relevant national guidance, including:

- **Early Years Foundation Stage (EYFS) Nutrition Guidance (2025)** (relevant where younger pupils are supported and as best practice for family guidance)
- **DfE School Food Standards** and school meals food standards guidance
- **KCSIE 2025** safeguarding guidance (whole-school approach, information sharing, early help and identifying patterns of concern)
- **NHS Healthier Families lunchbox guidance**

2. Aims

We aim to:

1. Promote and support **healthy, balanced nutrition** across the school day.
2. Help children learn about nutrition through the curriculum (for example, **Science, PSHEE and RE**).
3. Provide clear, supportive guidance for families about healthier lunchbox choices, in partnership with parents/carers.
4. Reduce avoidable risks through safe food preparation guidance (including **choking prevention**).

5. Safeguard pupils with allergies and medical dietary needs through clear expectations and **safe practice**, including information-sharing with relevant staff.
6. Ensure our approach reflects **KCSIE 2025** expectations: noticing concerns, responding appropriately, and acting early where support is needed.

3. Whole-School Approach to Healthy Eating

We encourage all pupils to have a balanced diet that includes:

- **Fruit and vegetables** every day
- **Starchy foods** (bread, rice, pasta, noodles, potatoes)
- **Protein** sources (meat, fish, eggs, beans, pulses, hummus)
- **Dairy** or dairy alternatives (yoghurt, cheese)
- **Healthy drinks**, prioritising **water** and milk

This reflects the principles of the **School Food Standards**, which are designed to support healthy, balanced diets and restrict foods high in fat, salt and sugar.

4. Packed Lunches and Snacks: Expectations for Families

We recognise that lunchboxes vary and that children’s preferences develop over time. Our approach is **supportive and non-judgemental**—we do not want any child to feel shamed about their food.

4.1 What we encourage in lunchboxes

Families are encouraged to include:

- A portion of **starchy food** (e.g., wholemeal sandwich/wrap/pitta, pasta/rice salad)
- **Fruit and vegetables** (prepared appropriately—see Section 5)
- A **protein** source (e.g., chicken, tuna, egg, beans, lentils, hummus)
- A **dairy item** (e.g., yoghurt, cheese) or dairy alternative
- **Water** (preferred) or milk

For ideas, families may find NHS “Healthier lunchbox” guidance useful: [Healthier Families - Home - NHS](#)

4.2 Items not permitted / to avoid (health and safety)

To support children's health and reduce allergy and safeguarding risks, the following items **must not** be included:

- **Energy drinks** (not appropriate for children)
- **Fizzy/sugary drinks** (including high-sugar sports drinks)
- **Confectionery** (sweets, chocolate bars, chocolate-coated products)
- Large quantities of high fat/salt/sugar snacks (e.g., **large tubes of crisps**)

4.3 Nuts and nut products (allergy safety)

To help safeguard pupils with allergies, we ask families **not to send nuts or nut products** (including peanut butter, Nutella-type spreads, pesto containing nuts, nut bars, and nut-containing cakes/biscuits). Where specific pupils have severe allergies, we may operate a **nut-aware / nut-restricted** approach as required by risk assessment and medical guidance. Safe practice and information-sharing are important safeguarding measures.

4.4 Celebrations and birthdays

We value celebrations, but to reduce allergy risk and maintain consistency with healthy eating and safeguarding responsibilities:

- Children **must not bring cakes, sweets, chocolates or other food items** to distribute to pupils for birthdays or celebrations.
- Families are encouraged to choose **non-food alternatives** such as stickers, pencils, book tokens, or donating a book/game to the class.

5. Food Safety and Choking Risk Reduction

Safe food preparation is an important part of keeping children safe and preventing avoidable harm, consistent with a whole-school safeguarding culture.

To reduce choking risk, families must ensure that:

- **Grapes, cherry tomatoes, berries and similar small round foods are cut lengthways and quartered**
- **Hard fruits/vegetables** (e.g., apples, carrots) are cut into **sticks or thin slices**
- Foods are **bite-sized**, easy to chew and age-appropriate
- Very hard, small foods that can lodge in the throat are avoided

Food storage:

- The school cannot guarantee refrigeration for packed lunches. Families should use an insulated bag/box and an ice pack where needed.
- All lunchboxes and bottles should be **clearly named**.

6. Allergies, Medical Conditions, and Special Diets

We take allergies and medical needs seriously and aim to make reasonable adjustments so that children can access school safely and inclusively.

Parents/carers must:

- Inform the school of any diagnosed allergies or medical dietary requirements
- Keep the school updated if needs change
- Provide supporting medical information where appropriate

The school will:

- Share relevant information with staff on a **need-to-know basis**, in line with safeguarding expectations for information sharing and record keeping
- Follow individual healthcare plans and allergy risk assessments where in place
- Refer families to the school's **Medical Conditions / Allergy Policy** (and other relevant policies)

7. Food Sharing

To protect pupils with allergies and respect individual dietary needs, **food sharing between pupils is not permitted** (including swapping items). This also supports pupils who have sensory or medical dietary restrictions.

8. School Practice, Monitoring and Support

8.1 Education and culture

We promote healthy choices through:

- Curriculum learning (PSHEE, Science, and wider opportunities)
- Collective worship themes linked to wellbeing
- Positive role-modelling and consistent messages for children and families

8.2 Monitoring approach (supportive, not punitive)

We do not routinely “inspect” lunchboxes. Staff may, however, notice patterns and provide **gentle encouragement** and support.

If a child brings in items that are not permitted (e.g., confectionery, large tubes of crisps, sugary fizzy drinks), the item will be **returned home** with the child at the end of the day.

Where concerns persist, staff may contact parents/carers to offer support and agree next steps.

We recognise that healthy eating is about providing a balanced diet and school is only a snap shot of what a child eats in the day. Our aim is to support you to enable your child to consume a well-balanced, healthy diet each day and establish healthy eating routines for later in life.

8.3 Safeguarding and welfare considerations

In line with **KCSIE 2025**, staff remain alert to patterns that may indicate a welfare concern, such as:

- A child **regularly arriving without lunch**
- Repeated lack of food, consistently inadequate food, or signs of hunger/distress
- Food repeatedly conflicting with agreed allergy plans
- Patterns alongside **poor attendance or persistent lateness**, which may require additional support

Where appropriate, staff will share concerns with the **Designated Safeguarding Lead (DSL)** so the school can consider early help and work in partnership with families.

No child will be made to feel embarrassed about food, and support will be offered discreetly.

9. Partnership with Parents/Carers and Signposting

We are committed to working collaboratively with families and sharing practical ideas to support healthier choices. KCSIE 2025 highlights the importance of effective school-family communication as part of safeguarding culture.

Recommended resources include:

- NHS Healthier Families – Lunchbox ideas and healthier swaps: [Healthier Families - Home - NHS](#)

- DfE School Food Standards information (context for healthy eating expectations)
[Government Response - Revised Standards for School Food Consultation](#)
- EYFS Nutrition Guidance (where relevant for family support and best practice)
[Early Years Foundation Stage nutrition guidance](#)

10. Roles and Responsibilities

Governing Board

- Oversees this policy and ensures it supports pupils' wellbeing and safety.

Headteacher and Senior Leaders

- Ensure consistent implementation and a supportive culture that promotes wellbeing and safeguards pupils.

Designated Safeguarding Lead (DSL)

- Receives and considers welfare concerns linked to patterns (including food poverty indicators) and coordinates early help where needed.

All Staff

- Promote healthy choices consistently, respond sensitively, and report welfare concerns via safeguarding procedures.

Parents/Carers

- Provide lunchbox contents aligned with this policy, inform school of medical needs, and prepare foods safely to reduce choking risks.

Pupils

- Are encouraged to make healthy choices, drink water, and follow the no-sharing rule to protect others.

11. Equality, Inclusion and Respect

We recognise families' diverse cultural, religious and dietary practices. We aim to be inclusive and will work with families to support children's needs and preferences, while maintaining the health and safety expectations of this policy.

12. Implementation, Communication and Review

- This policy will be shared with families annually (website/newsletter) and when new pupils join.
- Staff will be reminded of key expectations and safeguarding links as part of wellbeing/safeguarding briefings.
- The policy will be reviewed **every two years**, or sooner in response to changes in statutory guidance (including KCSIE updates) or school practice.

Date adopted: February 2026. Mrs Brindley-Jones

Next review date: February 2028