



Godalming Junior School

This school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. If you have any concerns you should contact our Designated Safeguard Lead (DSL) Adam Samson or Deputy Designated Safeguard Leads (DDSL) Erin Coleman, Louise Munz, Kate Wilkinson and Andrea Crook

FOOD AND HEALTHY EATING POLICY

This policy was reviewed: Autumn 2025

This policy will be reviewed: Autumn 2026

This policy will be reviewed by: The Resources Committee

Introduction

This document is written with regard to the [NHS Healthier Families](#) and the [NHS Eat Well Guide](#). It is intended as an outline to guiding principles by which the school promotes Healthy Eating

Specific Aims:

Proper nutrition is essential for good health and effective learning.

We aim to:

- provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety.
- provide a whole school approach to nutrition that makes the healthier choices easy.
- work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to our pupils' needs.
- create a pleasant and sociable dining experience which enhances the social development of each pupil.
- involve pupils and parents in decision making.
- Capitalise on enrichment opportunities to further educate the children on the importance of nutrition e.g. Healthy Week. This also includes encouraging children to eat locally and eat seasonally
- Align this policy with the Environment and Climate Education Policy in relation to school's responsibility to promote seasonal, locally and ethically sourced foods, take proactive steps to reduce waste, single use plastic and lower carbon emissions.

We aim to promote healthy & balanced eating by encouraging:

- pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide - 'The Balance of Good Health' and the new nutritional standards.
- foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low fat dairy products.
- starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods.
- fruit juices, sugar-free drinks, water and milk.
- healthy snacks between meals.

A Positive Lunch-time Dining Environment

We have a dining room, which provides a clean and attractive space for children to enjoy their meal. Pupils who have a lunch provided by Commercial Services and those who bring a packed lunch from home eat together in the dining room. Children are given at least three choices of hot meal each day which guarantees them a vegetarian option should they want it.

The school recognises the importance of effective organisation on good lunchtime behaviour. The lunchtime supervisors are supported by the school's [Behaviour Policy](#). The dining room is organised into 2 sittings on a year group rota basis. The food is attractively displayed at the heated servery hatch and the children are encouraged to queue in a calm and orderly fashion. Lunchtime supervisors and caterers work together to create a good dining room ambience and music is sometimes played to enhance this. Appropriate table manners and positive social interaction are encouraged.

School Catering:

We believe that the subtle messages that pupils receive about food and health from the daily life of school are as important as those given during lessons. By working together, we promote healthier eating habits.

- School lunchtime menus are shared between the school and catering staff.
- An updated menu is provided for each of the children at the beginning of each term. Copies are also available from the school office.
- Posters are displayed to ensure the children can distinguish what is meant by 'healthy food.'
- Termly theme days are linked to curriculum areas or calendar events for example European Week and Healthy Eating Week
- Taster sessions are provided for both the children and parents of the school, prior to the meal being introduced to the menu.
- There is a vegetarian and meat option each day and a filled jacket potato or filled wrap (3rd option).
- Bread, salad, crudité's and fruit are available each day.
- Parents are invited to feedback information about school meals.
- All children are given a portion of vegetables as part of their meals. They are encouraged to try some, even if it is a small portion.

Packed Lunches:

- Packed lunches should be substantial enough to provide the children with enough energy to work and concentrate throughout the afternoon.
- Some fruit or vegetable should be provided each day e.g. a piece of fresh or dried fruit, cherry tomato, raw carrot, cucumber wedge.
- **No food containing nuts are allowed in school due to allergies.**
- Sweets, sugary drinks, and chocolate **should** not be included.
- The school provides a suitable storage area for lunch boxes.
- All waste and uneaten food is returned in the lunch box so that parents know what has been eaten.

Mid-morning Snack:

The pupils are encouraged to bring in their own healthy snack of fruit or vegetable each morning. Children are not allowed to eat any other type of snack at break time unless they have a particular dietary need such as diabetes and have had permission from their teacher. Children should not bring in mid-morning snacks in a 'wrapper' but in a named Tupperware container in order to cut down on waste in the school. These must be kept in a container in their classrooms.

Drinks Policy:

- The children are encouraged to drink water throughout the day and bring their own water bottle from home.
- To ensure children do not use other people's bottles, each bottle must be named with the child's forename and surname.
- Only water is allowed - No ice or frozen water.
- Water can only be drunk during independent work sessions rather than during teacher input sessions.
- The bottles need to go home each night to be washed and returned the next day.
- A water fountain is available to pupils. Water bottles can only be filled at break and lunchtimes.

Monitoring:

- The menus and quality of the food are monitored regularly.
- The Headteacher and Manager of the School Canteen meet regularly to review the comments to ensure the quality in the provision and variety of food is maintained.
- Via the School Council, the children are asked to complete an annual questionnaire regarding the quality and variety of the food provided and general comments about the environment in which they eat. This also helps inform the school [Climate Action Plan](#)

Free School Meals:

The school recognises the value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is implemented.

Treats and Rewards

Birthday sweets and other food treats may not be given out at school because of the danger of allergies (unknown or otherwise) and to ensure consistent messages about healthy eating. Staff do not give sweets to pupils as rewards or gifts.

Curriculum, Teaching and Learning:

- The [NHS Eat Well Guide](#) - 'The Balance of Good Health' is delivered primarily through the Science and PSHE curriculum.
- Pupils are given the opportunity to taste, touch, smell and feel a variety of foods. Multicultural aspects of food are explored and linked with school meal theme days, 10 Richment Weeks and curriculum theme days e.g. Greek Day in Year 4.
- Parental permission is always sought before any food tasting sessions.
- Parents are encouraged to join in/lead group cooking sessions, which take place in the children's cooking area in the DT Kitchen.

Parental Involvement:

- Information about school catering is provided at New Parents' Evenings, as well as in school newsletters
- Governors are invited into school to eat lunch with children e.g. Governor Day.
- Feedback from parents is invited on a regular basis.
- Parents support the food policy by signing the Home/School Agreement

