



RUSHDEN PRIMARY ACADEMY



Whole School Food Policy

REVIEW PROCESS	
FIRST WRITTEN	September 2021
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Introduction

At Rushden Primary Academy, we recognise the strong link between healthy eating, physical wellbeing, emotional wellbeing and educational achievement. We are committed to providing an environment that promotes healthy lifestyle choices and enables pupils to develop lifelong habits that support good health. We are proud to hold the Healthy Schools Award and continually seek to strengthen our provision. Healthy eating is promoted through the curriculum, the school environment and our food provision. Pupils are encouraged to understand the importance of balanced diets, physical activity and positive wellbeing. The School Council supports this work and is actively involved in initiatives designed to enhance the health and wellbeing of the school community.

We regard healthy eating as a shared responsibility between school, pupils, parents, carers and the wider community. By working together, we can create a positive culture where healthy choices are encouraged, celebrated and understood.

This policy supports the school's commitment to safeguarding, inclusion, equality and ensuring all children are able to access an education that enables them to thrive.

Aims

We aim to:

- Promote healthy eating and healthy lifestyles across the school community.
- Encourage positive attitudes towards food, nutrition and wellbeing.
- Ensure food and drink provided in school supports children's health and development.
- Meet the requirements of current School Food Standards.
- Ensure all pupils have access to drinking water throughout the school day.
- Support children in making informed food choices.
- Promote healthy eating across all aspects of school life, including breakfast, lunchtime and wraparound provision.
- Respect and accommodate medical, cultural, religious and ethical dietary requirements.
- Work in partnership with parents and carers to promote healthy eating habits.
- Ensure food safety and effective management of allergies and dietary needs.
- Provide opportunities for all pupils to develop food preparation and cooking skills.

Food Education Within the Curriculum

Healthy eating is an important aspect of the curriculum at Rushden Primary Academy.

Pupils learn about nutrition, food preparation, healthy lifestyles and physical wellbeing through a range of curriculum areas, including Science, PSHE, Physical Education and Design and Technology.

Through these subjects, pupils are taught:

- The importance of a balanced diet.
- The principles of the Eatwell Guide.
- The role of nutrition in maintaining good health.
- The importance of hydration.
- Food hygiene and food safety.
- Practical food preparation and cooking skills.

- The relationship between physical activity, nutrition and wellbeing.

Practical food education opportunities are provided throughout the school, enabling pupils to develop confidence and independence in preparing healthy food safely.

Food and Drink Provision During the School Day

Breakfast Club

The school provides a healthy breakfast offer through its breakfast provision.

The aims of the breakfast provision are to:

- Provide children with a healthy start to the day.
- Promote positive eating habits.
- Support pupils' concentration and readiness to learn.
- Offer a calm and welcoming environment before the start of the school day.
- Encourage positive social interaction between pupils.

A range of healthy options may be offered, including:

- Wholemeal or white toast.
- Low-sugar cereals.
- Fresh fruit.
- Yoghurts.
- Milk and other healthy drinks.

Foods high in sugar are not routinely provided.

After School Club

The school's After School Club provides a safe, welcoming and enjoyable environment for pupils attending wraparound care.

Where food or refreshments are provided, the school will ensure that these are age-appropriate, balanced and support healthy eating principles. Food provision may include healthy snacks and light meals where appropriate.

The After School Club will:

- Promote healthy eating habits and positive attitudes towards food.
- Ensure drinking water is available at all times.
- Consider individual dietary requirements, allergies, medical needs, religious beliefs and cultural preferences.
- Follow the school's food safety and allergen management procedures.
- Support pupils in making healthy food choices.

All dietary information and medical requirements will be communicated to relevant staff to ensure pupils can participate safely in the provision.

Fruit and Vegetable Provision

Children in Reception and Key Stage 1 receive a free piece of fruit or vegetable each day through the Government's School Fruit and Vegetable Scheme.

Milk is available through the national milk scheme and information regarding eligibility and ordering arrangements is shared with parents and carers.

School Meals

All school meals are freshly prepared and cooked on site each day. Meals are planned in accordance with current School Food Standards and provide pupils with nutritious, balanced and varied choices.

Meals are booked through Arbor, allowing parents and carers to select suitable meal options for their child. Menus and comprehensive allergen information are published on the academy website and are available to parents and carers throughout the year.

The school aims to ensure that meals:

- Are nutritious and balanced.
- Provide a variety of healthy choices.
- Cater for medical, cultural, religious and ethical dietary requirements.
- Encourage children to try new foods.
- Promote healthy eating habits.

The dining hall is viewed as an important social environment where children are encouraged to enjoy their food, develop independence and practise good manners.

The school actively promotes and supports entitlement to Free School Meals for eligible families.

Drinking Water

Fresh drinking water is available to all pupils throughout the school day, free of charge.

Children are encouraged to bring a named water bottle to school every day. Water bottles should contain water only and remain accessible throughout the school day.

Promoting hydration forms part of our commitment to supporting healthy lifestyles and wellbeing.

Food and Drink Brought into School

Break-Time Snacks

Children in Reception and Key Stage 1 receive fruit or vegetables through the national scheme.

Children in Key Stage 2 may bring a healthy snack for morning break.

Suitable snacks include:

- Fresh fruit.
- Chopped vegetables.
- Breadsticks.
- Wholegrain crackers.
- Cheese portions.
- Dried fruit in moderation.

The following items should not be brought into school as break-time snacks:

- Sweets.
- Chocolate bars.
- Fizzy drinks.
- Energy drinks.
- Sharing-size packets of crisps.

Parents and carers are asked to support the school by promoting healthy snack choices.

Packed Lunches

The school encourages parents and carers to provide packed lunches that are healthy, balanced and nutritious.

A healthy packed lunch should include:

- A starchy carbohydrate such as bread, wraps, pasta, rice or potatoes.

- Fruit and vegetables.
- A source of protein such as meat, fish, eggs, cheese, beans or pulses.
- A dairy product or dairy alternative where appropriate.
- Water as the preferred drink.

Parents and carers are asked to avoid including:

- Energy drinks.
- Fizzy drinks.
- Large quantities of sweets and chocolate.
- Excessive amounts of crisps or highly processed snacks.

Where concerns arise regarding the nutritional content of packed lunches, school staff will work supportively with families to promote healthier choices.

Rewards and Celebrations

Rushden Primary Academy promotes the use of non-food rewards wherever possible.

Where food is included as part of a celebration, curriculum activity or special event, consideration will always be given to:

- Food allergies.
- Medical conditions.
- Religious requirements.
- Cultural preferences.
- Individual dietary needs.

No pupil will be excluded from an activity or celebration because of dietary requirements or food allergies.

Special Dietary Requirements

The school recognises the diverse needs of its community and is committed to ensuring that all pupils can access appropriate food provision.

Reasonable adjustments will be made to meet:

- Medical dietary requirements.
- Food allergies and intolerances.
- Religious dietary requirements.
- Cultural preferences.
- Vegetarian and vegan diets.

Parents and carers are encouraged to inform the school of any dietary requirements so that appropriate arrangements can be made.

Food Allergies, Intolerances and Medical Diets

The safety and wellbeing of pupils with allergies, intolerances and medical dietary requirements is a priority at Rushden Primary Academy.

The school recognises that some food allergies can be life-threatening and is committed to reducing the risk of allergen exposure wherever reasonably possible. The academy maintains robust procedures for identifying, recording and communicating pupils' dietary, allergy and medical requirements.

Parents and carers are expected to inform the academy of any dietary requirements, allergies or intolerances so that appropriate arrangements can be implemented. Comprehensive allergen information for school meals is available and published on the academy website.

The school will:

- Maintain Individual Healthcare Plans where required.
- Ensure relevant staff are aware of pupils' medical and dietary needs.

- Provide appropriate allergy awareness and emergency response training.
- Implement procedures in line with the school's Anaphylaxis Policy and Supporting Pupils with Medical Conditions Policy.
- Maintain emergency medication and appropriate emergency response procedures.
- Work closely with parents, carers and healthcare professionals.
- Ensure allergy and dietary information is shared appropriately with kitchen staff and relevant school personnel.
- Follow current food allergen legislation and recognised good practice when preparing and serving food.

Rushden Primary Academy operates as a nut-aware school. Parents and carers are asked not to send food containing nuts into school. Whilst every reasonable precaution is taken to minimise risks associated with allergens, the school cannot guarantee a completely allergen-free environment.

Food Safety

The school is committed to maintaining high standards of food hygiene and safety.

We will ensure that:

- Food is stored safely and appropriately.
- Suitable facilities are available for food preparation.
- Relevant staff receive appropriate food hygiene training.
- Allergens are managed effectively.
- Risk assessments are completed where required.
- Catering providers comply with current food safety legislation and guidance.

The school kitchen will maintain appropriate food safety procedures, allergen control measures, staff training and record keeping in accordance with current food hygiene and food allergen legislation.

Any food-related concerns will be addressed promptly and appropriately.

Equality and Inclusion

Rushden Primary Academy is committed to ensuring all pupils have equal access to healthy food and nutrition opportunities.

The school will make reasonable adjustments where necessary to support pupils with:

- Disabilities.
- Medical needs.
- Special educational needs.
- Cultural or religious requirements.
- Dietary restrictions.

All pupils will be treated with dignity, respect and understanding.

Monitoring and Review

The Principal has overall responsibility for implementing this policy and ensuring that healthy eating remains a key aspect of school life.

The effectiveness of the policy will be monitored through:

- Pupil voice activities.
- Parent feedback.
- Observation of food provision.
- Review of catering arrangements.
- Curriculum monitoring.
- Health and wellbeing initiatives.

This policy will be reviewed annually or sooner if changes in legislation, guidance or school practice require it.