



NUTRITIONAL STANDARDS POLICY

Policy reviewed and agreed by: Teaching, Learning and Inclusion Committee
Date: April 2026
Next review: April 2028

Policy Aims

At the Federation of Goring and Stoke Row Church of England Primary Schools', we recognise that a healthy diet and lifestyle play a vital role in children's development and long-term wellbeing. Establishing good habits early helps children make informed choices throughout their lives. This policy sets out how we promote healthy eating through our curriculum, food provision, and wider school culture. It also outlines what food and drink we provide in school and what we encourage pupils to bring in from home, as agreed with the wider school community.

Background and Responsibilities

Governing Body Responsibilities:

- Ensure compliance with national Nutritional Standards for School Food.
- Set policy on access to drinking water and snacks.
- Oversee the provision of school meals and packed lunch facilities.

School Meal Provision

- Free School Meals (FSM): Available to eligible pupils. More information on eligibility is available at [Apply for free school meals](#). Eligibility includes benefits such as Income Support, Universal Credit (household income < £7,400 after tax), and others.
- Universal Infant Free School Meals: All children in Reception, Year 1, and Year 2 are entitled to free school meals.
- Paid Meals: Available to all other pupils. Charges are consistent for equal quantities of food.
- Packed Lunches: Pupils may bring a packed lunch and cannot be charged for using school facilities.

Whole School Food Policy

Our Whole School Food Policy reflects a shared vision of promoting healthy lifestyles and a positive food culture across school life. It connects all areas of food and nutrition, including:

- Curriculum learning
- Extra-curricular activities

- School-wide initiatives
- Food provision
- The dining experience
- Events
- Welfare and care

This policy brings coherence and consistency to how food and healthy lifestyles are promoted across school.

Healthy Eating Defined

A healthy, balanced diet includes a variety of foods that support physical and mental wellbeing. It differs based on age, culture, lifestyle, and personal needs. While nutrition is key, other factors such as regular exercise, rest, hygiene, and care for the environment also contribute to overall health.

Curriculum Approach

Healthy eating is taught across several curriculum areas including Science, PSHE, PE and DT. Teaching is supported by:

- Diverse teaching methods and up-to-date resources.
- Cross-curricular links, e.g. healthy recipes in Literacy.
- External visitors such as health professionals, sports coaches, and food providers—who enhance but do not replace teaching staff.

School Meals

We encourage children to eat more:

- Fresh fruit and vegetables
- Whole grains (bread, pasta, rice, cereals)
- Lean proteins (fish, eggs, meat)
- Dairy products

And reduce their intake of:

- Saturated fats
- Sugar
- Salt

Meals provided in school meet the *School Food Standards* [School Food Standards](#).

All children eat in a calm, supervised environment, with water jugs placed on each table.

Water Provision

Access to clean drinking water is a basic right.

- Pupils are encouraged to bring in clearly labelled water bottles each day.
- Bottles are stored in classrooms for easy access and taken home daily for washing.
- Refill points are available via marked taps.

Packed Lunches and Snacks

Parents are asked to support our healthy eating policy by:

- Providing balanced packed lunches that include foods from major groups (carbohydrates, protein, dairy, fruit/veg).
- Supplying healthy break-time snacks, such as fresh or dried fruit and vegetables.

Food and drinks not allowed are:

- Fizzy drinks
- Sweets
- Nuts (due to allergies and choking risks)

Dining Environment

Pupils are encouraged to:

- Eat calmly and at a comfortable pace.
- Finish their meals where possible.

Reception and Key Stage 1 pupils must speak with a supervisor before leaving uneaten food. Key Stage 2 pupils are given more independence. Any uneaten packed lunch items are sent home so parents can monitor intake.

Staff monitor the dining area to ensure a calm, pleasant experience for all.

Food Allergies and Intolerances

The school maintains an up-to-date list of pupils with known allergies or intolerances. This is shared with relevant staff including:

- Teachers and teaching assistants
- Catering staff

If allergenic foods are used in lessons or sampling activities, parents are informed in advance. Anaphylaxis training is provided to staff, and emergency procedures are clearly in place. Individual medication is stored in labelled locations around the school. Any incidents are communicated to parents promptly.

Policy Review

This policy will be reviewed every two years or sooner if statutory requirements change.