CUBITT TOWN PRIMARY SCHOOL

Healthy Eating Policy

Every child grows • Every voice matters • Every day counts

This policy applies to pupils, parents and carers, staff, visitors and governors

Date agreed	September 2025
Review	Every three years – September 2028
Healthy eating lead	Robyn Bruce

1. Our vision and values

At Cubitt Town Primary School, **together we strive for excellence**, and **we put wellbeing at the centre of everything we do**. A balanced, healthy and nutritious diet is important for children's physical development and their ability to learn: feeding the body with the right nutrients helps the mind to be ready for learning, so that every child can thrive.

Every child grows	Every voice matters	Every day counts
Every child has safe, tasty and nutritious food every day, and learns the knowledge and skills to make healthy choices for life.	We listen to children and families about food, and respect everyone's cultural, religious, ethical and medical needs.	A healthy breakfast, lunch and water throughout the day help children to be ready to learn, every day.

Our 6C values guide our approach: we show **care** by keeping everyone safe and well fed; **communicate** clearly with families about menus, packed lunches and allergies; **collaborate** with our caterer, families and health partners; encourage **curiosity** about new foods and where food comes from; **challenge** children to try new things and make healthy choices; and show **commitment** to healthy habits every day.

2. Aims and objectives

Our aims are:

- to make sure all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors;
- to promote healthy eating habits that lead to lifelong health and wellbeing.

Our objectives are:

- to improve the health of pupils, staff and families by increasing knowledge and awareness of food and what makes a healthy diet;
- to make sure pupils are well nourished at school, and that every pupil has access to safe, tasty, nutritious food and a safe, easily available supply of drinking water throughout the day;
- to make sure the food provided respects the ethical, cultural, religious and medical needs of pupils and staff – for example, halal, vegetarian and allergy needs;
- to make eating at school an enjoyable, sociable and safe experience in a pleasant environment;
- to make sure menus and food choices meet the School Food Standards.

3. Food at Cubitt Town

Area	What we do
Breakfast Club	• Breakfast Club runs every day in the hall from 8am and costs £1 per child per day. • A varied, healthy breakfast is served, such as [cereals, toast, fruit, milk and water]. No sweetened or sugary items are served. • Breakfast Club helps children start the day well and supports good attendance and punctuality.
After-school care	• Children attending the wrap around After School Care Programme are offered a healthy snack •
Healthy snacks	• We encourage pupils to eat fruit and vegetables. Children in the Early Years and Key Stage 1 are offered a free piece of fruit or vegetable each day • Children in Key Stage 2 may bring a healthy snack for break time, such as fruit or vegetables
School meals	• Every child in Tower Hamlets primary schools receives a free school meal – either a benefits-related free school meal or a Mayor's free school meal. Families who may be eligible for benefits-related free school meals are encouraged to apply, as this also brings pupil premium funding to support their child. • Meals are provided by our contracted caterer, LBTH which serves fresh hot meals every day, with a choice of salad and fresh fruit and vegetables. • All meals meet the School Food Standards. Halal and vegetarian options are available every day • The menu is published on the **My School Lunch** website for Tower Hamlets schools and shared with families. Items may occasionally be replaced if a delivery does not arrive. • The Headteacher and SBM meet with the caterer regularly to review the menu, quality and uptake of meals.
Packed lunches	• Because every child is entitled to a free school meal, we encourage families to choose school meals. • Packed lunches must be healthy and include **only one treat item** (for example, crisps or a small chocolate bar). • For our youngest children, food must be prepared to reduce the risk of choking – for example, grapes and cherry tomatoes cut lengthways, and no whole nuts. • Water is the only drink allowed – please do not send juice or fizzy drinks. • Packed lunches are checked by lunchtime staff, and we share healthy packed lunch ideas with families. • Our caterer provides a packed lunch for children who normally have school meals when they go on a school trip.
Water	• Water is the only drink allowed in school. Children have access to fresh drinking water throughout the day, and water is provided at lunchtime. • Children are encouraged to bring a named water bottle
Early Years	• We follow the EYFS statutory framework and the EYFS nutrition guidance, including safe eating practices to reduce choking risks and close supervision while children eat. • Fruit, water and milk are available throughout the day. Nursery children receive free milk through the Nursery Milk Scheme • We promote the NHS Healthy Start scheme so that eligible families can get help to buy healthy food and free vitamins for young children.

Area	What we do
Allergies and special diets	• Parents and carers must tell the school office or Jacqui Jenkins (Parent Liaison Officer, 020 7987 4362) about any allergy, medical diet or special dietary need. • Allergy information is shared with class staff, lunchtime staff and the kitchen team, and our caterer follows allergen labelling law and provides allergen information for all food served. • Children with allergies are supported in line with our Asthma and Allergy Policy [and wear allergy lanyards at lunch • Cultural and religious dietary needs are respected.
Curriculum	• Food and nutrition are taught through Science, Design and Technology, PSHE and Relationships and Health Education, and in the Early Years. • We use the NHS **Eatwell Guide** to teach healthy eating throughout the school. • Children learn practical food skills, such as planning, preparing and cooking simple dishes, and learn where food comes from through growing and farm experiences
Rewards	We do not use sweets, chocolate or other unhealthy food as rewards. Instead we use praise, Class Dojo points, Stars of the Week, certificates and stickers.
Celebrations and special events	• We celebrate the festivals and cultures of our community. When families share food at special events, we give clear guidance on healthy choices, hygiene and allergies to keep everyone safe. •
Families	• We share information about healthy eating and packed lunches on our website and Class Dojo, and invite families to healthy eating workshops and parent lunches • Our Community House and Parent Liaison Officer can signpost families to support with food, including food banks and holiday activities and food (HAF) programmes. • We ask families to help us keep Cubitt Town a healthy school, and this policy is available on our website.
Staff	• Staff act as positive role models for healthy eating, and eat with children at lunchtime where possible. • We work with the Healthy Schools London programme] and local health partners.
Governors	Governors are consulted on this policy and monitor how it is working.

4. Guidance and related policies

This policy follows the **School Food Standards** (the Requirements for School Food Regulations 2014), the Department for Education's school food guidance, the **EYFS statutory framework** and nutrition guidance for early years, and allergen labelling law. It should be read alongside our Asthma and Allergy Policy, First Aid / Medical Policy, EYFS Policy, Positive Mental Health Policy and PSHE / Relationships and Health Education Policy.

5. Monitoring and review

The healthy eating lead and senior leaders monitor food provision through regular meetings with the caterer, checks of packed lunches, pupil and parent feedback, and meal uptake data. This policy will be reviewed every three years, or sooner if guidance changes.