



The Grove Junior School **Food Policy**

Date adopted by the Governing Body: October 2025

Date for review: October 2027

Headteacher: Lorna Urquhart

Co-Chair of Governors: Sheila Smith and Jo Hamilton-Watson

Held by: School Improvement Committee.



Rationale

We believe that an active lifestyle and well-balanced diet can enhance the health of children. The Whole School Food policy allows The Grove Junior School to support Government initiatives and the individual needs of some pupils by developing and maintaining a shared philosophy on all aspects of food and drink.

It provides a public statement which demonstrates how The Grove Junior School cares for how we aim to ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to our school.

Objectives

1. To ensure that we give consistent positive messages about food and health
2. To enable our pupils to make healthy food choices through the provision of the information they need to make healthy choices
3. To promote health awareness and opportunity to develop appropriate skills and attitudes
4. To contribute to the healthy physical development of all members of our school community

Equal opportunities

At The Grove Junior school, we believe that every child is entitled to safe and appropriate provision of food and drink in order to stay as well-nourished and healthy as possible. We promote a positive and healthy attitude towards nutrition which takes account of medical complexity and individual diversity.

Curriculum

This is addressed through:

1. Curriculum content

There are a number of opportunities for pupils to develop knowledge and understanding of health. A range of food related learning is taught in PSHE through our Autumn term 'Healthy and Well-being' module. Science also provides an opportunity to learn about the types of food available, their nutritional composition, digestion and function of different nutrients in contributing to health and how the body responds to exercise. Other curriculum areas, such as PE, also provide many opportunities linked to food and health.

2. Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and including group discussions, role play and whole school theme weeks.

3. Leading by example and staff training

Teachers, caterers and school staff have a key role in influencing pupils' knowledge skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. This policy is available to all staff on site and on The Grove Junior School website.

4. Resources

Resources for the teaching of healthy eating in PSHE have been selected to compliment the delivery of the curriculum in other subject areas. A range of materials is used and are clearly linked to the term's programme of work. Books are available for pupils in the library and in classrooms when required.

Food and drink provision throughout the school day

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirement. An external provider operates a breakfast club that provides a nutritious meal for those attending before the school day.

Snacks

The school understands that snacks can be an important part of the diet for a young person and can contribute positively to the balance of good health.

Children may bring a portion of fruit or vegetables which is one of their 'five a day' as a break time snack.

Further guidance on portion sizes can be found at:

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

If children are taking part in school swimming lessons, they are also encouraged to bring a fruit snack for after swimming lessons.

If a snack provided from home is not deemed as suitable, it will be removed from the child and handed to a parent or guardian at the end of the school day.

School lunches

All our school meals are provided by Herts Catering. This includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot and cold options, both of which comply with the National Nutritional Standards for School Lunches. Menus are put on the website for parents/carers so that they can discuss with their children what they are going to choose to eat before they pre-book their choice.

Home packed lunches

The school encourages parents and carers to provide children with packed lunches that complement healthy lunch standards. We do not allow sweets or fizzy drinks in lunch boxes and lunches must not contain any items with nuts.

Water for all

All children are encouraged to bring named, clear water bottles to school daily. Water is freely available throughout the school day to all members of the school community. Children may drink their water at any appropriate time.

Allergy Advice and Food Intolerance

Parents are required to notify the school if their child has any known food allergies or intolerance. This information is shared with class teachers, secretarial staff and catering staff. Parents are asked not to provide nuts or other not related products for their children to bring to school for this reason and any food items brought in to school for sale purposes are required to be clearly labelled if nuts are included.

Staff are trained in recognising food allergy symptoms and are aware of medical procedures. For more information take a look at the school's Allergy and Anaphylaxis policy

Following Herts recent recommendations, children and staff are also asked not to supply food to class members, unless pre-agreed with the Senior Leadership Team, to reduce the risk of children coming into contact with allergens.

Partnerships with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. Parents and carers are updated on our water and packed lunch policies. We remind them that only water may be drunk during the school day, except at lunch time when children may drink juice or squash. During out of school events e.g. school discos etc; the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered to the children.

The Grove School work together with the after school/breakfast club (Fusion) to ensure that they also adhere to this policy and encourages a healthy eating philosophy.

Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance if a member of the body has particular expertise in this area.

Monitoring and review

The Senior Leadership Team are responsible for supporting colleagues in the delivery of the food policy. They are also responsible for ensuring the quality of the food offered as part of the contract with the caterer.