



WIDNES
ACADEMY

ASPIRING AND ACHIEVING

FOOD POLICY 2025-2026

Ratified by Governors: Autumn 2025

Next Review Date: Autumn 2027

Link: L. Kirchin

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PLACE
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PART OF**

MEMBER OF THE WADE DEACON TRUST

INTRODUCTION

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by a whole school approach to food provision and food education as laid out in this policy.

Aims

The main aims of our school food and drink policy are:

- To provide a range of healthy food choices throughout the school day which are in line with the School Food Standards.
- To model and guide pupils to look after their bodies and understand healthy eating from when they start school in EYFS.
- To support pupils to make healthy food choices and be better prepared to learn and achieve.
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.
- To enable pupils to make healthy and informed choices by increasing knowledge, changing attitudes and enhancing skills.
- To educate pupils to understand the importance of a balanced diet, appropriate portion sizes, where food comes from and the relationship between food, physical activity and health benefits.

FOOD THROUGHOUT THE SCHOOL DAY

- 1. Breakfast Club** Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of the day. The school runs a daily Breakfast Club for pupils from 7.45a.m. to 8.45a.m. (breakfast is served until 8.30am).
- 2. Morning Break** Pupils are allowed a snack at break time. Pupils are encouraged to order either a piece of fruit, toast or drink of milk. Free fruit/vegetables are available if needed for all pupils if needed. Free milk is provided for pupils under 5 within EYFS. All pupils are encouraged to bring into school, a named bottle filled with water, for use throughout the day.
- 3. Lunch Time** Pupils are encouraged to wash their hands before eating. They eat lunch with their classmates to help develop the social side of our mealtimes. They are supervised by our lunchtime supervisors who will offer assistance with opening lids, wrappers etc, and who will also gently encourage pupils to eat as much of their lunch as possible. Practising using a knife and fork correctly at home is extremely supportive and beneficial for the pupils. Physical and time constraints can limit the time available for serving and eating school meals and packed lunches. The school aims to provide a calm and ordered environment, conducive to enjoyable eating and good manners. We also recognise that not everyone eats at the same speed, so extra time is given, when necessary, for those who need it. Water is provided for all pupils at lunchtime. We do not allow pupils to swap or share food, and food waste is monitored.

3a: School Meals Hot lunches are provided by Caterlink and are expected to comply with the requirements laid out in the School Food Standards. Lunches are free of charge for EYFS and Key Stage 1 pupils under the Government Universal Infant School Meals scheme, and for pupils who are eligible for Free School Meals. Pupils in Key Stage 2 may purchase meals. Information on eligibility, menus and how to order can be found on the school website.

3b: Packed Lunches The following guidance developed from the Children's Food Trust aims to support pupils to have a balanced lunch.

A packed lunch should aim to include:

- A starch-based food (eg bread, pasta, rice etc)
- 1 portion of fruit
- 1 portion of vegetables or salad
- A dairy food (eg cheese, yoghurt etc)
- A protein food (meat, fish, eggs, beans etc)

A packed lunch should not include:

- A lot of sweets or chocolate
- A lot of salty snacks
- Nuts or foods containing nuts (this is to safeguard pupils and staff with severe allergies).
- Fizzy or canned drinks

Food from packed lunches which has not been eaten is sent home, so that parents/carers can see what has been consumed. We have not banned all sweets, crisps, cakes etc from our school, as we feel it is important that pupils have the opportunity to make informed choices.

4. School trips and residential

The above information with regards to packed lunches is also applicable when attending a school trip or residential. (Outside of school). It is important to note we are a nut free school – so no snacks/sweets etc allowed which contain nuts.

5. Special Occasions and School Events

Widnes Academy recognises that food plays an important role in the celebration of different cultures and festivals. As part of our curriculum, pupils will have the opportunity to experience foods significant to different countries and beliefs. There will also be other times where food is shared and consumed at school, for example, cookery lessons, special events and whole class or school celebrations. These occasions will be controlled by a member of school staff or appropriate responsible adult. Staff will take responsibility to provide appropriate food for specific individuals with dietary requirements as per our school list.

6. Curricular and Extra Curricular Activities

Healthy eating, food and nutrition are taught at an appropriate level throughout each key stage in a variety of subjects for example, science, RHE, PE, RE DT.

7. Allergies and Special Dietary Requirements

Widnes Academy is a nut free school. The school will make every effort to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. For those having school lunches, we work with our caterers, Caterlink, to ensure that appropriate meals are provided. School staff are aware of those children and staff members with specific allergies, intolerances and dietary requirements and this is communicated verbally to Caterlink staff, Mid-days and volunteers. In addition, a list of pupils with allergies, intolerances and dietary requirements is available in each class medical cabinet and also the staff room. Special diets are highlighted on the order sheets placed with Caterlink to ensure that a pupil requiring a special diet receives a suitable meal. Caterlink will hold, on site, an up to date list of Food Allergens contained within their meals, for reference, in the event of a query being raised.

8. Expectations of Staff and Visitors

The school expects staff to contribute to, and support, this food and drink policy across the school day. Staff and visitors are expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils. Food used within the classroom will be inclusive of all pupils and their dietary needs.

9. Parents, Carers and Family Members

Our relationships with all members of our school community are important and we aim to support them with information and advice so that they are best prepared to make healthy choices for their families. Should staff have concerns around a child's diet/consumption in school they will communicate directly with parents. Likewise, we encourage parents to discuss any dietary concerns with staff so we can support and monitor in school.

10. Communication of the Policy

This policy is available to the whole school community and can be found on the school website.

11. Governors Responsibilities

The Governing Body's strategic role is to consider, agree, monitor and review the policy and its implementation. It will ensure that it receives regular reports on compliance with the school food standards as well as uptake of school lunches and financial aspects of the school food provision.