

# Healthy Eating Policy



GLEBE HOUSE  
SCHOOL & NURSERY  
HUNSTANTON

*This policy was updated in October 2025.  
Review is due for the beginning of October 2027.  
All changes from previous documents and sections have been highlighted yellow.*

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*This policy initiated* - October 2025  
*Policy written by* - FCH  
*Policy to be updated on a two year basis.*  
*(Delete if not applicable) This policy is currently under review*

## Change Log – for 2025/2026

# Glebe House School and Nursery — Healthy Eating Policy

## 1. Purpose

The purpose of this policy is to promote healthy eating across the whole school community — including nursery pupils, day pupils, and boarders — to support children’s physical health, emotional wellbeing, and academic achievement.

This policy ensures that all food and drink provided or consumed on site reflect the school’s commitment to promoting health, preventing obesity and diet-related disease, and complying fully with statutory requirements for school food provision.

## 2. Scope

This policy applies to all pupils, staff, volunteers, visitors, contractors and any provider of food or drink on the school site, including for lunch, tea, snacks, Short-Tea, boarding meals and school events.

## 3. Legal and Regulatory Context

This policy aligns with the following legislation and guidance:

- The Requirements for School Food Regulations 2014 (England) – establishing national standards for school meals, which Glebe House School and Nursery voluntarily meets or exceeds.
- The Education Act 1996 (Sections 512, 512A, 512B, 533) and School Standards and Framework Act 1998 (Section 114A) – defining school food duties and standards.
- Statutory Framework for the Early Years Foundation Stage (EYFS, 2024) – Section 3: Safeguarding and Welfare Requirements, mandating that all food and drink provided must be healthy, balanced, and suitable for children’s developmental needs.
- The Eatwell Guide (Public Health England, 2016) – providing national guidance for a balanced and varied diet.
- Food Safety Act 1990 and Food Hygiene (England) Regulations 2013 – ensuring the safe handling, preparation, and storage of food.
- Food Information Regulations 2014 and Food Information (Amendment) (England) Regulations 2019 (“Natasha’s Law”) – requiring accurate allergen and ingredient labelling for all food provided or pre-packed for pupils.
- Ofsted Education Inspection Framework (2023) – evaluating how effectively schools promote pupils’ physical and mental health through healthy eating, hydration, and lifestyle education.
- The Children and Families Act 2014 and Special Educational Needs and Disability (SEND) Code of Practice (2015) – ensuring inclusion and equality for pupils with medical, cultural, or sensory dietary needs.
- Health and Safety at Work etc. Act 1974 – establishing employer responsibilities for maintaining safe catering and food environments.
- UK Health Security Agency (UKHSA) and Food Standards Agency (FSA) guidance (2024 updates) – for food hygiene, temperature control, and allergen management in educational and childcare settings.

Although the statutory school food standards are not compulsory for independent schools, Glebe House School and Nursery voluntarily adopts and exceeds these standards to promote pupil wellbeing, ensure compliance with EYFS statutory welfare requirements, and uphold best practice across the school and nursery.

## 4. Aims

At Glebe House School and Nursery, we aim to:

- Provide well-balanced, nutritious and appealing meals throughout the school day.
- Encourage healthy food choices and develop positive attitudes to eating.
- Support pupils in understanding how diet affects health, growth, concentration and wellbeing.
- Ensure consistency between education and food provision.
- Provide a safe, inclusive, and enjoyable dining experience for all pupils, including boarders.
- Meet all statutory requirements and best-practice guidance for food, drink, hygiene and allergens.
- Work closely with parents, carers and catering staff to promote healthy lifestyles both in school and at home.

## 5. Food and Drink Provision

### 5.1 Meals Provided by the School (Breakfast, Lunch and Tea)

#### Cooked Lunch (Daily):

- A freshly prepared hot lunch is served every day to all pupils and staff. Parents can choose between a main meal, vegetarian option, or alternative dish each day.
  - Menus operate on a two-week cycle and are published in the school newsletter for parents to view.
- All dietary requirements are accommodated, including religious, medical, cultural and ethical diets.

Meals meet or exceed the national school food standards, including:

- At least one portion of fruit and one portion of vegetables or salad daily.
- A starchy food (e.g., bread, pasta, rice, potatoes) every day.
- A portion of dairy or milk daily.
- Meat or poultry at least three times a week.
- Oily fish at least once every three weeks.
- Foods high in fat, salt or sugar are restricted, and deep-fried items are limited in line with best practice.
- Menus are balanced, seasonal, and reviewed regularly with pupil feedback.

**Menus are carefully planned to ensure pupils receive the full nutritional balance they need across the school day, through three well-structured meals and appropriate snacks.**

Provision for EYFS pupils meets the Early Years Foundation Stage (EYFS) welfare requirements for food and drink.

#### Boarders' Breakfast:

When boarders are in residence, breakfast is provided daily and includes healthy options such as cereal, porridge, fruit, yoghurt, whole-grain toast, and low-sugar spreads, with cooked options offered in moderation. Water, milk, and fruit juice are available.

#### Boarders' Tea (Monday–Thursday):

A hot evening meal (“tea”) is served to boarders from Monday to Thursday, providing a balanced, home-style menu including vegetables, lean proteins, and starches. Desserts are served in moderation, with fruit offered daily.

#### Boarders' Evening Snack (7:45 pm):

A light snack such as fruit, toast, yoghurt, or milk is available to boarders before bedtime to ensure comfort and stable energy levels overnight.

#### Short-Tea (Prep Pupils):

At the close of the academic day, prep pupils who remain on site have Short-Tea in the dining hall. This consists of a hot drink, milk, and a biscuit, providing a sociable and calming end to the school day before after-school activities or collection.

### 5.2 Snacks and Drinks During the School Day

- The school provides cut fruit at every break time for all pupils.
- Pupils may alternatively bring a healthy snack from home (as guided in the Healthy Breaktime Snacks Addendum).
- Pupils are encouraged to bring water bottles, and drinking water is freely available throughout the site.
- Sugary drinks, confectionery and similar are not permitted during the school day except on special occasions (e.g., celebrations or charity events).
- Milk and water are the preferred drinks options for pupils.

### 5.3 Celebrations and Rewards

- We value food as a positive part of school and boarding life.
- Birthday cakes and celebratory treats are permitted and enjoyed in moderation.
- Sweets may be used as rewards, but sparingly and alongside non-food rewards such as stickers, certificates, or stars.
- Celebrations are managed sensitively to ensure inclusivity and moderation.
- The focus remains on balance and enjoyment rather than restriction.

### 5.4 Nursery and EYFS Provision

Glebe House Nursery and Early Years Foundation Stage (EYFS) settings are fully committed to providing healthy, balanced, and nutritious food and drink, in line with the Statutory Framework for the Early Years Foundation Stage (DfE, 2024) and all current food safety, nutrition, and allergen legislation.

### Legal and Statutory Requirements

Provision for Nursery and EYFS pupils complies with:

- Statutory Framework for the EYFS (2024) – particularly Section 3: “The safeguarding and welfare requirements,” which mandate that all meals, snacks, and drinks must be healthy, balanced, and appropriate for children’s age and developmental needs.
- The School Food Regulations 2014 (voluntarily adopted by the School) – ensuring balanced and varied meals.
- Food Information (Amendment) (England) Regulations 2019 (“Natasha’s Law”) – requiring full allergen and ingredient labelling for all pre-packed food.
- Food Safety Act 1990 and Food Hygiene (England) Regulations 2013 – ensuring food is handled and prepared safely.
- Ofsted’s Education Inspection Framework (2023) – assessing how well the school promotes children’s health, including through nutrition, hydration, and mealtime environments.

### Healthy Eating in EYFS

- All meals and snacks provided in Nursery and EYFS meet children’s nutritional needs and encourage the development of lifelong healthy eating habits.
- Snacks are offered mid-morning and mid-afternoon, consisting of fruit, vegetables, breadsticks, rice cakes, or similar healthy options.
- Fresh drinking water is available and accessible at all times.
- Whole milk is provided daily for pupils under five, in line with EYFS welfare requirements.
- Sugary or highly processed foods, confectionery, and fizzy drinks are not served.
- Portions are appropriate for young children’s age and appetite, with second helpings of fruit and vegetables encouraged.
- Meals are designed to support a balanced diet, including appropriate proportions of protein, carbohydrates, dairy, fruit, and vegetables.

### Allergies and Special Dietary Needs

- A full record of any allergies, intolerances, or special diets is maintained and shared with relevant staff.
- The Nursery and EYFS settings strictly adhere to the school's Allergen and Intolerances Policy and maintain a nut-free environment.
- Food and drink provided are checked daily against individual dietary plans to prevent cross-contamination.
- Parents/carers are encouraged to update the school promptly about any changes to dietary requirements.

### Food Education and Mealtime Practice

- Nursery and EYFS staff model positive eating behaviours, promoting good table manners and enjoyment of food.
- There are always staff with Paediatric First Aid monitoring the meal times.
- Mealtimes are viewed as valuable social and learning opportunities that encourage independence, communication, and healthy habits.
- Children are encouraged to self-serve where developmentally appropriate, supporting fine motor skills and autonomy.
- Early education about food, nutrition, and sustainability is integrated into EYFS curriculum areas, such as Understanding the World and Personal, Social and Emotional Development (PSED).
- Children participate in simple food preparation and tasting activities, and where possible, in growing fruit and vegetables to build awareness of food origins.

### Partnership with Parents and Carers

- Parents receive information about Nursery and EYFS menus, healthy snack guidance, and allergy protocols.
- Staff work in partnership with parents to ensure consistency between home and school regarding healthy eating and hydration.
- Feedback is sought regularly to ensure the food provision continues to meet children's needs and preferences.
- Monitoring and Review

The EYFS Lead, Bursar, and Catering Manager review food provision termly to ensure compliance with EYFS welfare requirements and national standards.

Ongoing staff training is provided in food hygiene, allergy management, and child nutrition (updated in accordance with 2024 EYFS and Food Standards Agency guidance).

Mealtime practices are reviewed regularly through staff observation, parent feedback, and pupil engagement.

## 6. Allergies, Intolerances and Special Diets

The school keeps a record of pupils with allergies or dietary needs and ensures these are clearly communicated to all relevant staff.

Catering staff receive food-allergen and cross-contamination training and follow strict procedures for safe preparation.

Religious, cultural, vegetarian, vegan and medical dietary needs are accommodated wherever

possible.

Allergen information is available for every meal served.

**Glebe House School and Nursery is a nut-free school.**

To safeguard pupils and staff with severe nut allergies, no nuts or nut products are permitted on site.

This includes any foods containing nuts (e.g., peanut butter, Nutella, cereal bars with nuts, or pesto made with pine nuts).

The school is committed to ensuring all diets are appropriately supported and respected.

### 7. Education and Promotion of Healthy Eating

- Healthy eating is embedded within the curriculum, particularly through PSHE, Science and Food Technology.
- Pupils learn about nutrition, food sourcing, sustainability and the importance of a balanced diet.  
The school promotes growing, cooking and tasting experiences (e.g., gardening projects, cooking clubs).
- Staff model healthy eating behaviours in the dining hall.
- The dining environment is calm, welcoming and encourages social eating and good manners.  
Information and tips about healthy eating are shared regularly with parents and carers through newsletters and school communications.

### 8. Roles and Responsibilities

- **Governing Body:** Approves and reviews the policy and monitors compliance.
- **Head and Senior Leadership Team:** Ensure implementation, compliance and monitoring of this policy.
- **Catering Team:** Plan and prepare meals in line with national standards, allergy protocols and this policy.
- **Teaching and Support Staff:** Reinforce healthy eating messages through lessons and role modelling.
- **Parents and Carers:** Support the school's approach by encouraging healthy habits and communicating any dietary needs.
- **Pupils:** Are encouraged to make healthy choices, try new foods, and respect dining expectations.

### 9. Monitoring and Review

The school monitors menu compliance, meal take-up, food waste and pupil satisfaction regularly. Feedback from pupils, parents and staff informs menu planning and improvements.

The policy will be reviewed every two years, or sooner if required by legislation or operational change.

The Bursar and Catering Manager will conduct an annual review of food standards and supplier compliance.

### 10. Communication

- This policy is available on the school website and in printed form upon request.
- Parents/carers are informed about the policy at admission and through periodic updates.
- Menus are published in the school newsletter on a two-week cycle, ensuring families are aware of meal options.
- Catering menus and allergen details are displayed on noticeboards and shared in newsletters.

### 11. Links to Other Policies

## Healthy Eating Policy

This policy should be read alongside:

- Food Safety & Hygiene Policy
- Allergen and Intolerances Policy
- Safeguarding and Child Protection Policy
- PSHE Policy
- Wellbeing and Mental Health Policy
- Behaviour Policy

### **Addendum: Glebe House School Healthy Breaktime Snacks**

Wherever possible, please do provide snacks in a named container with any wrapping or packets removed from the food. This cuts down the growing amount of rubbish collection around the school.

When providing a snack for morning and/or afternoon break, please choose from the following list, with at least one of those snacks being either fruit or vegetables where possible:

#### **Examples of Healthy Snacks**

- Fruit
- Dried fruit
- Yogurt-coated dried fruit
- Fruit purée pouches
- Raw vegetables
- Breadstick
- Rice cakes
- Crackers / Mini Cheddars
- Baked crisps
- Healthy cereal bar (chocolate-free)
- Snack bars with fruit filling (e.g. Go Ahead bars)
- Frubes / Fromage Frais
- Healthy low-sugar popcorn

#### **Examples of snacks which do not meet expectations.**

- Non-baked crisps
- Sweet biscuits
- Chocolate bars of any kind (e.g. Kit-Kat)
- Sweets of any kind
- Nuts of any kind
- Muffins, cakes, doughnuts