



West View Primary School

Whole School Food Policy

Policy approved by Local Academy Committee: June 2025

Date for Review: June 2027

‘Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment,’ (The School Food Plan, 2013).

At West View Primary School, we understand that a healthy balanced diet is key to an individual fulfilling their full potential in life. We believe that it is important to enjoy a varied and interesting diet, while understanding that certain food groups should be eaten in moderation.

Ofsted’s new Common Inspection Framework includes a judgment on personal development, behaviour and welfare. As part of reaching this judgment, throughout their entire inspection, inspectors will look at the extent to which schools are successfully supporting pupils to:

- gain knowledge of how to keep themselves healthy
- make informed choices about healthy eating, and fitness

[Creating a culture and ethos of healthy eating - GOV.UK](#)

At West View Primary School, we endorse the [School Food Plan](#) and any updated school food standard’s vision to ensure that:

- Our children are served tasty and nutritious food at school, with no child going hungry
- We take a whole school approach to food, with creative collaborations between the pupils, staff, parents/carers and the catering team
- Our children will know how to feed themselves well, and will enjoy cooking and growing with their families, both at school and at home, embedding a whole school culture of health

Legal Framework

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- [The Requirements for School Food Regulations 2014 \(legislation.gov.uk\)](#)
- [The Food Information \(Amendment\) \(England\) Regulations 2019 \(legislation.gov.uk\)](#)
- [Food Safety Act 1990 \(legislation.gov.uk\)](#)
- [The Food Safety and Hygiene \(England\) Regulations 2013](#)
- [School Standards and Framework Act 1998 \(legislation.gov.uk\)](#)
- [The Products Containing Meat etc. \(England\) Regulations 2014 \(legislation.gov.uk\)](#)

This policy operates in conjunction with the following non-statutory guidance:

- [Standards for school food in England - GOV.UK](#)
- [School food standards practical guide - GOV.UK](#)
- [The school food plan - GOV.UK](#)

This policy operates in conjunction with the following school policies:

- Administering Medicines
- Allergens
- Health and Safety
- Oral Health
- Personal, Social and Health Education (PSHE)
- Physical Education, School Sport and Physical Activity (PESSPA)
- Relationships, Sex and Health Education (RSHE)
- Supporting Pupils with Medical Conditions

Objectives

At West View Primary School, we will:

- Take a whole school approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school
- Ensure that all aspects of food and nutrition at West View Primary School promote the health and wellbeing of the whole school community
- Encourage children to develop healthy diet habits and attitudes - eating more fruit and vegetables, eating less sugar and fat and drinking more water
- Enable pupils to make healthy food choices through the provision of information about healthy foods and where food comes from, and the development of appropriate skills, including food preparation
- Ensure that all adults in the school community are aware of this approach and work towards it

School Meals

Staff in the dining hall encourage an atmosphere that promotes healthy eating and develops social interaction between the children. We also offer the opportunity for pupils to eat their packed lunches in an outdoor picnic space.

West View Primary School contracts its lunchtime meals service to Hartlepool Borough Council: [Primary School Meals | Hartlepool Borough Council](#)

All meals served adhere to national food standards, which ensure that:

- Food provided to pupils is nutritious and of high quality
- Good nutritional health in all pupils is promoted
- Those who are nutritionally vulnerable are protected
- Good eating behaviour is promoted

Hartlepool Borough Council operates its menu at West View Primary School. The menu rotates over three weeks and a new menu is issued twice a year (Autumn/Winter and Spring/Summer). School meal menus are made available to parents and are available on the school's website.

School staff will help any children who have concerns or cause concern during meal times e.g. children who may have difficulties eating their lunch, spill or drop their lunch, do not eat their lunch or find it difficult to make a meal choice etc.

A school lunch will be provided for pupils where a meal is requested and either the pupil is eligible for free school lunches, whether universal or other, or it would not be unreasonable for lunches to be provided.

Dietary Requirements

Individual Health Care Plans and Dietary Plans are created for pupils with food allergies or food intolerances. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. Copies of these plans are shared with catering staff and can be found displayed in the kitchen area.

Further details can be found in our policies for: Administering Medicines, Allergens and Supporting Pupils with Medical Conditions.

Universal Free School Meals

From September 2014, all children in Reception, Year 1 and Year 2 are eligible for free school lunches. West View Primary School fully supports this initiative, encouraging children to have their free school meal.

[Universal infant free school meals \(UIFSM\): 2024 to 2025 - GOV.UK](#)

Encouraging take up of Free School Meals

Some families will be eligible for benefits-related Free School Meals. Through emails, the use of social media and the school's texting system, parents will regularly be encouraged to take up their entitlement to free school meals for their children. Eligibility can be checked online [Free School Meals - Information - apply | HBC Online \(hartlepool.gov.uk\)](#) or via phone - 01429 284188.

Packed lunches from home

Children may bring a packed lunch instead of having a school meal. As we promote healthy eating, we ask that packed lunches do not contain chocolate, sweets or fizzy drinks. Please see our *Water for All* section below for guidance on drinks.

School Health UK

CHEAP, EASY & QUICK LUNCH BOX IDEAS



CHICKEN PASTA SALAD

- 1 SMALL ONION
- 227G TIN CHOPPED TOMATOES
- 50G PASTA BOWS
- 50G FROZEN PEAS
- 50G ROAST CHICKEN BREAST
- HANDFUL MIXED SEEDLESS GRAPES, HALVED (OPTIONAL)



TURKEY SANDWICH STARS

- 20G CHEESE SPREAD
- 2 SLICES WHOLEMEAL BREAD
- 2 SLICES OF WAFER THIN ROAST TURKEY
- 10CM PIECE CUCUMBER
- 1/2 CARROT
- A BANANA



CHEESY QUESADILLA & SALAD

- 1 SMALL WHITE TORTILLA
- 30G LIGHTER CHEDDAR, GRATED
- 1 SMALL SPRING ONION, CHOPPED
- 50G THREE-BEAN SALAD, DRAINED
- 20G YELLOW PEPPER, CHOPPED
- 20G CHERRY TOMATOES, CHOPPED
- 1 CARROT, CHOPPED



TUNA MAYO PITTA

- 1/3 X 160G TIN TUNA CHUNKS IN SPRING WATER
- 2 TBSP TINNED SWEETCORN
- 20G LIGHT MAYONNAISE
- 1 WHOLEMEAL PITTA
- 20G LETTUCE, SHREDDED
- HANDFUL OF MELON & BERRIES

FIND OUT MORE...



School Health UK
This is the Bigger Picture

hello@schoolhealthuk.co.uk
www.schoolhealthuk.co.uk
03445 070 164

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TOP TIPS

-  SQUEEZE SOME LEMON ON FRUIT TO KEEP IT FRESH
-  STRONGER TASTING CHEESE MEANS YOU'LL USE LESS
-  GET CREATIVE WITH FRUIT-INFUSED WATERS
-  CHOOSE WHOLEGRAIN WHERE POSSIBLE
-  OPT FOR LOW FAT FILLINGS LIKE TURKEY/ CHICKEN
-  REMEMBER LOW FAT OFTEN MEANS HIGH SUGAR

School Health UK

PARENT'S LUNCH BOX CHECK LIST

PROTEIN

- ☐ 1 SAUSAGE
- ☐ 1 EGG
- ☐ 50-70G OF FISH
- ☐ 50-70G MEAT ALTERNATIVE
- ☐ 60-85G OF ROAST CHICKEN, TURKEY OR DUCK
- ☐ 80G OF ROAST BEEF, LAMB OR PORK

DAIRY & ALTERNATIVES

- ☐ 80-120G OF YOGHURT
- ☐ 20-30G OF CHEESE
- ☐ 200ML OF UNSWEETENED CALCIUM
- ☐ 200ML OF UNSWEETENED MILK ALTERNATIVE E.G. SOYA OR ALMOND.

FRUIT & VEG

- ☐ 1 APPLE
- ☐ 1 SATSUMA
- ☐ 10 BERRIES
- ☐ 2-3 TABLESPOONS OF TINNED FRUIT
- ☐ 60G VEGETABLES
- ☐ 60G SALAD OR COOKED PULSES

CARBOHYDRATES

- ☐ 1-2 SLICES OF BREAD
- ☐ 1 SMALL PITTA
- ☐ 45-65G OF DRIED PASTA OR NOODLES
- ☐ 40-60G OF DRIED GRAINS
- ☐ 70-100G OF ROAST POTATOES

Snacks

Children across school are offered fruit or toast as they arrive on a morning and at break time. We are fortunate to have all of our bread provided free of charge by Greggs at Powlett Road, Hartlepool as part of the [Greggs Foundation](#).

All children have fruit/vegetable snacks provided for them at morning break time by [The School Fruit and Veg Scheme - Food for Life](#)

We are also able to offer an afternoon fruit/vegetable snack to pupils because of the funding given to us through the [Tesco Stronger Starts](#) programme.

Water for All

Children are encouraged to bring a water bottle to school: there are water cooler machines in all areas of school, which children are encouraged to use in order to fill up their bottle throughout the day. Regular water and brain breaks are built into the school day by class teachers. During lunchtime, we ensure there are enough beakers for all pupils to consume water, milk or juice provided by the school.

Milk

Children in our Early Years Foundation Stage and Year 1 have daily access to milk, should they wish to drink it. It is also readily available in the school hall for older children to drink at lunchtimes.

Confectionery

Children are not allowed to have sweets, chocolate, confectionery or confectionery-covered items in schools.

West View Primary School does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour, academic success or other achievements. Other methods of positive reinforcement are used in school.

Further information can also be found in our Oral Health Policy.

National Curriculum

As part of the **Design and Technology** subject area of the National Curriculum, pupils should be taught to understand and apply the principles of nutrition and learn how to cook. Pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

[National curriculum in England: design and technology programmes of study - GOV.UK \(www.gov.uk\)](#)

Pupils should be taught to:

Key Stage 1	• Use the basic principles of a healthy and varied diet to prepare dishes • Understand where food comes from
Key Stage 2	• Understand and apply the principles of a healthy and varied diet • Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques • Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed

Cross-Curricular Links

Across the curriculum, there are a number of opportunities for pupils to develop their knowledge and understanding of the benefits of healthy eating to promote physical and mental wellbeing, including healthy eating patterns and practical skills such as shopping, preparing and cooking food - *see individual subject curriculum documents for further detail.*

Geography	Provides focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.
Maths	Can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.
PE	Provides pupils with the opportunity to develop physically and to understand food as fuel and the practical impact of sport, exercise and other physical activity, such as dance and walking.
PSHE	Encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image.
RE	Provides the opportunity to discuss the role of certain foods in the major religions of the world. Children are able to experience different foods associated with religious festivals.
Science	Provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.

Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include ensuring that:

- Adequate storage and washing facilities are available
- Food handlers undergo appropriate food hygiene training
- Suitable equipment and protective clothing are available

Any food safety hazards are identified and controlled.

Basic food hygiene training is carried out by staff members who are involved in food handling.

Partnership 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. Parents and carers are regularly updated on our policies and expectations.

Birthdays and Celebrations

At West View Primary School, we know that parents and carers often want to purchase a cake for their child to bring in to school on their birthday so that they can share it with their friends in order to mark their special day. We do support this however, we request that only shop bought cakes are provided and that these are brought to school in the original sealed box. This ensures that we are then able to make an informed decision as to whether any pupils with allergies can be given the cake because we can consult the ingredients list on the box.

We also fully support the celebration of different religious festivals and if parents or carers wish to bring in any food items to celebrate this, again it would be requested that

these are shop bought so that the ingredients can be consulted before they are distributed.

Monitoring and Review

This policy will be reviewed every two years by the PSHE/Healthy Schools Lead - in liaison with the Headteacher. Any changes to this policy will be communicated to staff and all relevant stakeholders.

Parents are signposted to this policy when their child joins the school so that they are aware of the school's commitment to maintaining a healthy school community.

Useful Websites

School Health UK: [Home](#) | [School Health UK](#)

The School Food Plan: <http://www.schoolfoodplan.com/>

Food in Schools: www.foodinschools.org

Health Education Trust: www.healthedtrust.com

The Eatwell Plate: <http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx>

This policy has been written in partnership with:

