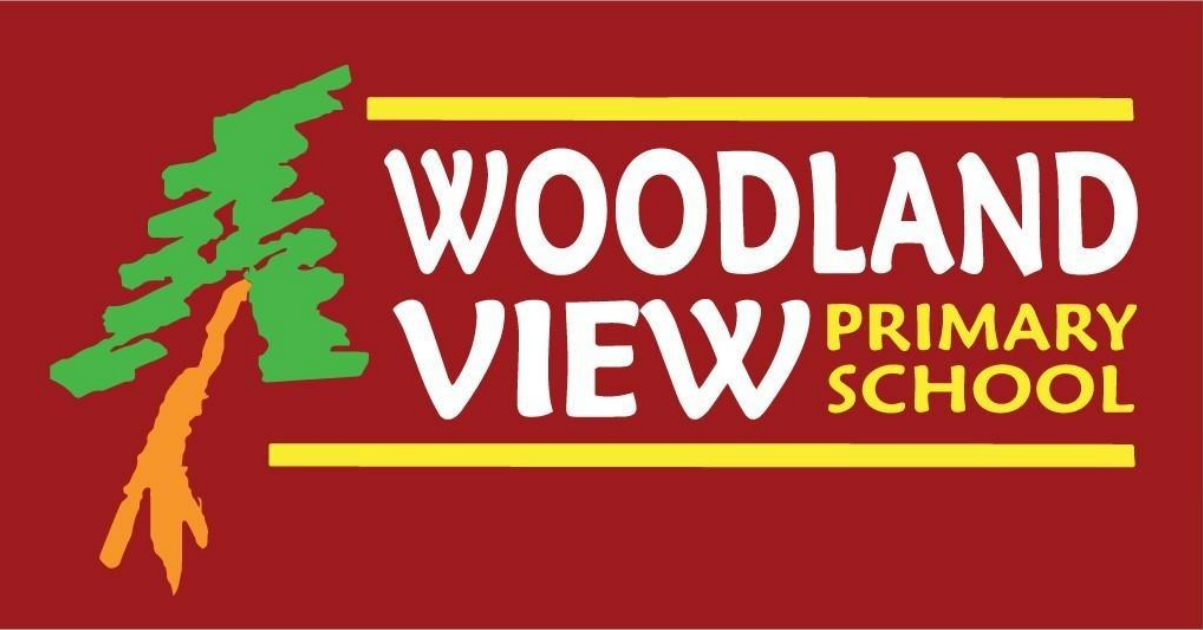


# Healthy foods policy

Woodland View Primary School



Last reviewed:	Spring Term 2026
Next review due by:	Spring Term 2028

## Introduction

Woodland View Primary School is a healthy school and this is reflected in our Healthy Foods Policy. We recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps to promote healthy eating habits, promotes children's health, focus and wellbeing.

Our school encourages nutritious mid-morning snacks and lunches, to be consumed during our morning breaktimes and lunchtimes. This policy sets out clear expectations for families, staff and children, outlines acceptable snack choices, and explains the scientific rationale behind them.

## Rationale

Research comprehensively shows that nutritious snacks and lunches support cognitive function, maintain steady energy levels and contribute to long-term healthy eating habits. Foods high in added sugars, salt, and saturated fats — such as chocolate bars and crisps — can cause rapid spikes and drops in blood sugar. This can lead to reduced concentration and focus in school. Conversely, fruit, vegetables and wholefoods provide slow-release energy, essential vitamins and fibre; this can help children stay engaged and ready to learn.

Woodland View is committed to encouraging children to consume a broad, balanced and healthy diet, engage in at least 60 minutes of physical activity every day and educate children in how they can lead fit, healthy (both physically and mentally) lives. By the end of Key Stage 2, all children will have been exposed to a robust offer, that will help them into their next phase of education.

## Aims and Objectives

1. To make a positive and lasting contribution to children's health through educating them about risks of obesity, illness and tooth decay through the curriculum offer.
2. To make clear which food products are appropriate and inappropriate for consumption in school during break and lunchtimes.
  - a. No nuts of any kind (including nut-based products) to protect people with allergies. **Woodland View is a nut-aware school.**
  - b. Fruit and vegetables are the preferred option for a breaktime snack.
  - c. Alternative healthy snacks are allowed for children with dietary intolerances, sensory needs, or specific preferences.
  - d. Unhealthy breaktime snacks are not permitted, including chocolate bars, crisps, sweets, or pastries.
3. To ensure that all packed lunches (consumed in school or on school trips) and school lunches provide students with healthy, nutritious food that is in accordance with the School Foods Standards (<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide> - updated 17 November 2025).
4. To periodically review the school lunch catering and school milk offers to ensure that they are having maximum benefit for all children.

## **Mid-Morning/Breaktime Snacks**

Children at Woodland View are encouraged to consume a healthy snack during their morning breaktime. This can support cognitive function, maintain steady energy levels and contribute to long-term healthy eating habits. Children will have 15 minutes to consume their snack and this will take place on the top playground. Below is a comprehensive list of approved and unapproved snacks.

### **Fruit and Vegetables (Ideal Options)**

At Woodland View, children in Foundation Stage and Key Stage 1 are provided with at least one daily snack through the government funded School Fruit and Vegetable Scheme (SFVS). The SFVS provides all Foundation Stage and Key Stage 1 children (typically aged 4 to 6 years old) a free piece of fruit or veg each school day. Some of the fruit and veg snacks on offer include, bananas, apples, pears, carrots, tomatoes, easy-peel citrus fruits, such as satsumas, sugar snap peas, etc.

Below is a list of fruit and vegetable-based snacks that would be ideal options for a morning breaktime snack:

- Fresh fruit: apples, bananas, oranges, berries, grapes (Pre-cut for younger children - <https://www.nhs.uk/best-start-in-life/baby/weaning/safe-weaning/preparing-food-safely/>), etc.
- Fresh vegetables: carrot sticks, cucumber sticks, cherry tomatoes, pepper strips, etc.
- Dried fruit (in small portions; unsweetened where possible).
- Fruit pots (no added sugar).

### **Alternative Healthy Options**

Alongside fruit and vegetable-based snacks, the following list are also healthy options that children could consume:

- Plain rice cakes or oatcakes.
- Plain breadsticks.
- Mini pitta bread.
- Plain bagels or half bagels.
- Plain yoghurt pouches (unsweetened).
- Cheese cubes or sticks.
- Savoury crackers (low salt).
- Fruit winder/Fruit roll-up (low sugar).
- High/lean protein options: cooked chicken or boiled eggs, etc.
- Seed-based snacks (e.g. sunflower or pumpkin seeds).
- Houmous (without tahini where sesame allergy risk applies).

### **Items Not Allowed**

To ensure healthy eating habits, and a reduced sugar and salt intake, the following foods are not permitted for breaktime snacks:

- Chocolate bars or chocolate-coated items.
- Sweets or confectionery.
- Crisps or savoury snack packets (e.g., corn/popcorn snacks, flavoured crackers).
- Cakes, pastries, muffins, or biscuits.
- Sweetened yoghurt or dessert-style yoghurt pots.
- Cereal bars with added sugar or chocolate.

If you are unsure about whether a snack would be acceptable or not, please consult your child's teacher, a member of the leadership team, or the Sport, Health and Fitness Lead.

## **Lunchtimes**

Children may have a hot lunch or bring a packed lunch. As we cannot be held liable for breakages, we suggest that you do not send delicate items. Children must not bring hot soup, glass containers, or canned drinks because of the danger of accidents. Lunch boxes should also not contain any sweets or chocolate bars please (see a list of acceptable snacks above).

### **Packed Lunches**

Packed lunches should ideally include a range of items that can help children support cognitive function and maintain steady energy levels. Packed lunches should aim to include a balanced selection of foods such as a sandwich or main item, fruit or vegetables, snack and a drink. **No fizzy drinks or energy drinks are allowed in school.** Below is a list of options for a packed lunch:

Below are some suggestions to include in your child's packed lunch:

#### **Sandwich/bread roll**

- A protein filler, preferably brown bread, (e.g. chicken, tuna, cheese, etc).
- Bread sticks.
- Rice cakes.
- Crackers.

#### **Fruit/Vegetable**

- Cucumber sticks.
- Carrot sticks.
- Apple wedges.
- Banana.
- Melon.
- Grapes, etc.

#### **Snacks**

A small treat, such as crisps, raisins, a biscuit, fruit flavoured yoghurt or a small chocolate flavoured item, may be included as part of a balanced lunch.

#### **Drinks**

- Water.
- Diluted fruit juice.
- Pure fruit juice.

**Woodland View is a nut-aware school.** Due to allergies and the risk of anaphylaxis, no items should be brought into school that contain nuts. This includes:

- Peanut butter,
- Hazelnut spreads,
- Certain brands of biscuits and chocolate that contain nuts (e.g. Kinder Bueno),
- Pesto (pine nuts),
- Marzipan,
- Nougat.

More information on what a broad, balanced and healthy lunch should include, as directed by Public Health England and the Food Standards Agency, can be found in Appendix 1.

## **School Lunches**

School lunches are available to all children at school through the Kingswood Catering company. Kingswood Catering a range of healthy, nutritious meal options which cater towards a wide range of choices, and dietary needs. Families and children are given the ability to choose their lunch from up to seven different options every day. Further information on school lunches, including the Kingswood Catering Information Booklet, can be found on the school website: <https://www.wvps.northants.sch.uk/page/?title=Lunches&pid=50>.

## **Drinks**

### **Water for All**

Water is freely available throughout the school day to all members of the school community. School has water two water fountains that allow children to refill their water bottles with cold, fresh, filtered drinking water throughout the day; one is in the main school building and another is in the annex building. Every child is encouraged to bring in a labelled, appropriately sized bottle to store their water in. Children may drink their water at any time except during the 15-minute assembly. Regular water and breaks are built into the school day and curriculum by class teachers. During extreme weather, children are encouraged to drink water more regularly.

### **Milk**

Milk is available to all children (provided free up to the age of 5) at school through the Coolmilk company. Information about ordering milk for your child is provided in the admissions pack given to you before your child starts at Woodland View or through the Coolmilk website: [www.coolmilk.com](http://www.coolmilk.com).

## **Special Dietary Requirements and food safety**

We are aware that children in our school will have a range of food allergies/intolerances and other dietary requirements and we have procedures in place to identify and manage these. Parents of a child who has medically evidenced food allergy or intolerance should complete a 'Food allergy and food intolerance management form' (available at the school office) prior to ordering school dinners for their child. Through Kingswood Catering, we are able to offer a range of meals for a variety of food allergies/intolerances and other dietary requirements

Although, we do not allow children and staff to bring products containing nuts into the school and our caterers do not use nuts as an ingredient, we cannot guarantee our school is completely nut-free. As above, children are not permitted to bring nuts or products (bought or homemade) that contain nuts. We try to minimise the risk by adopting a culture of allergy awareness and education.

We encourage those who are interested to complete the Food allergy and intolerance online training modules provided by Food Standard Agency: <https://allergytraining.food.gov.uk/>.

## **Working Together**

### **Families**

We wish to build a positive and supportive relationship with the parents of children at our school through co-operation, trust and mutual understanding of how to ensure food in school is healthy.

- Children in FS, Y1 and Y2 are provided with a free fruit or vegetable snack each day through the national scheme.
- Please send your child with one mid-morning snack, to be consumed during the morning breaktime.
- Ensure all snacks follow the acceptable list and contain no nuts.
- Parents of children wishing to have packed lunches or bring snacks are expected to provide their children with packed lunches which are in line with this policy.
- Parents will be notified of changes to food and nutrition in school via Ping communications, the school website and school newsletters.
- If your child has specific dietary needs or sensory challenges, please speak with class teachers and/or a member of the leadership team to agree suitable alternatives.
- Parents are invited to share any issues, views, or suggestions with the Sport, Health and Fitness Lead or a member of the Senior Leadership Team.

### **School**

- Staff will gently remind children of the policy and encourage healthy choices.
- Staff will monitor snacks and lunches that children are consuming and will speak with parents who are not following the policy as it is outlined.
- Staff will work closely with families of children with additional needs to ensure snacks are appropriate and accessible.
- Staff will inform parents about the best practice known with regard to healthy eating so that the parents can support the key messages being given to students at school.
- Staff will inform parents about the Schools Healthy Foods Policy and any amendments or changes that are made to the policy. These amendments or changes to food and nutrition in school will be communicated via Ping communications, the school website and school newsletters.
- Staff encourage parents to be involved in reviewing school policy.

### **Birthday/School treats**

From time to time, we understand that some families and children may wish to bring sweet/chocolate treats into school to celebrate a birthday. As a school, we encourage children and families to do this if they wish to partake. We also encourage families to be aware of common dietary requirements (e.g. vegetarian, vegan, etc.) when choosing which treats to share to ensure that all children are included.

On other occasions, school may offer children sweet/chocolate treats or ask them to bring something sweet into school (e.g. at Christmas, during Christmas party day, as prizes for competitions, during Year 6 leavers events). These treats will be small and in-line with the Public Health England guidance.

## **Food in the curriculum**

The promotion of healthy eating, cooking and nutrition is delivered via the school curriculum. Through the Woodland View Curriculum, children are able to learn how to lead fit and healthy lives. Examples of this can be found in the following curriculum areas:

Through Science, children are provided an opportunity to learn about different types of food that are available, their nutritional composition, digestion and the function of different vitamins, minerals and nutrients in contributing to health. Children will also learn how the body responds to exercise.

Through Food Technology, as part of Design and Technology curriculum, children are provided the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food. This includes the preparation and cooking of food.

Through PSHE, children are encouraged to take responsibility for their own health and well-being, teaching them how to develop and maintain a healthy lifestyle.

Through Physical Education, children are provided with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking to school.

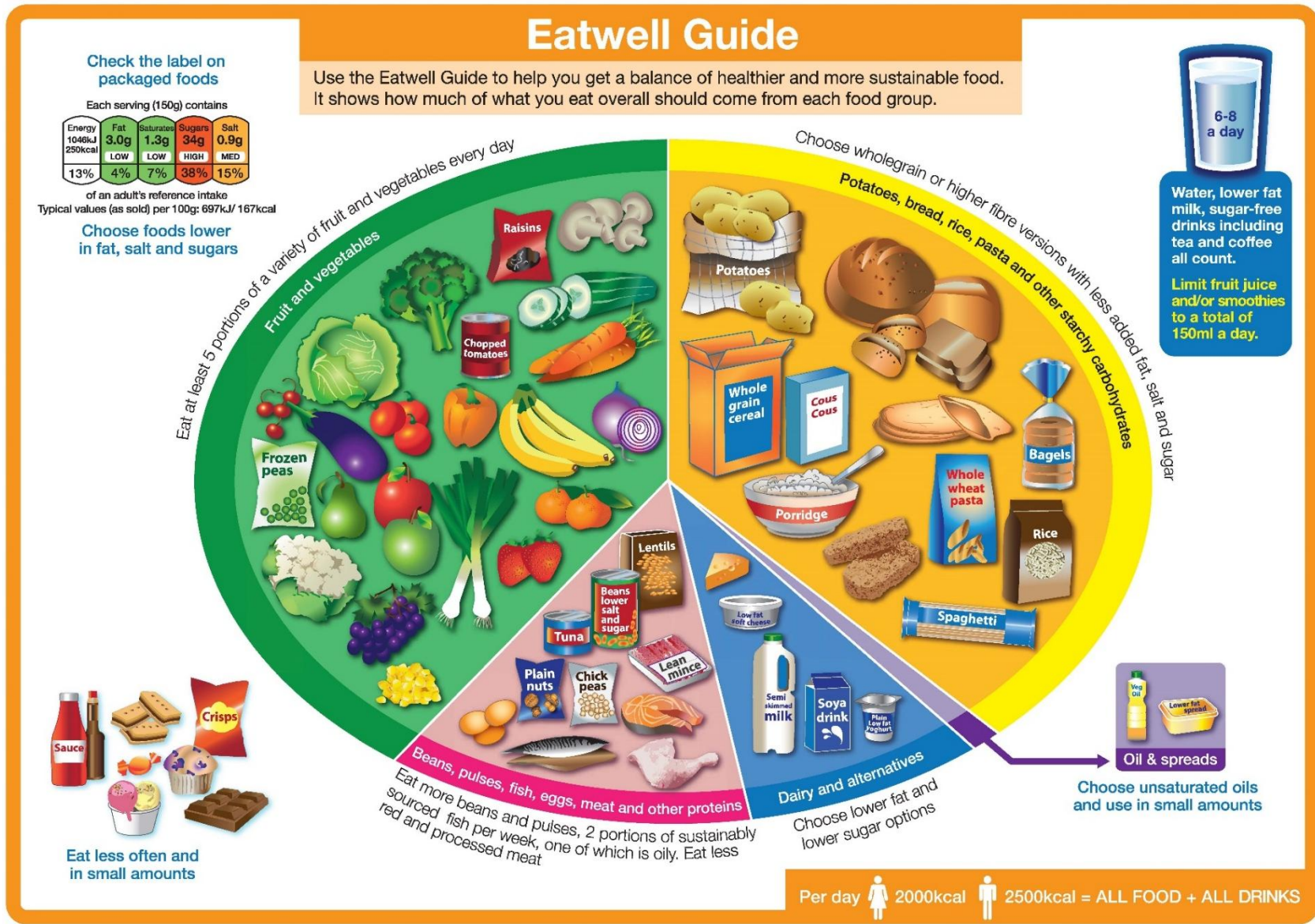
Extra-curricular offers during lunch and after school – through school sports zones and clubs offered by staff and external sports providers.

More information on the school's curriculum, and how food and health are connected to this, can be found on the school website: <https://www.wvps.northants.sch.uk/page/?title=Curriculum&pid=9>.

## **Summary**

This Healthy Foods Policy aligns with our commitment to supporting wellbeing, concentration and long-term healthy habits. By working together, we can ensure all children have the energy and nutrition they need to thrive throughout the school day.

# Appendix 1



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

© Crown copyright 2016