



# 'Where Stars Shine'

*Belonging, Ambition, Respect, Kindness*

# FOOD POLICY

Policy Lead Committee:	<b>Local Academy Committee</b>	In consultation with:	<b>Senior Leadership Team</b>
Approved by:	 R. Johnson, Chair of Committee	Date:	<b>20<sup>th</sup> November 2025</b>
Policy Date:	<b>Autumn Term 2 2025</b>	Review Date:	<b>Autumn Term 2 2027</b>
Review Frequency:	<b>2 Years</b>		



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## 1. Schools Food Statement

Severnbanks Primary School is committed to creating a positive food culture that promotes healthy eating, supports wellbeing, and empowers pupils to make informed choices through high-quality food provision and education.

## 2. Aims

- Provide a variety of nutritious food options throughout the school day.
- Equip pupils with the knowledge and habits to make healthy food choices.
- Ensure a consistent, whole-school approach to healthy eating involving pupils, staff, and families.

## 3. The School Day

### 3.1 Breakfast

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 each day.

Severnbanks runs a daily breakfast club for pupils from 7:45 am to 8.45 am.

Breakfasts include cereals and toast.

The school provides toast for pupils in KS1 and fruit daily. KS2 are encouraged to have a healthy snack at first break.

### 3.2 Snacks

We encourage pupils to bring **healthy snacks** that support concentration and wellbeing throughout the school day. Suitable options include fresh fruit, vegetables, plain rice cakes, or other low-sugar, low-fat items. We ask that snacks do **not include sweets, chocolate bars, or crisps**, in line with our commitment to promoting healthy eating habits.

KS1 pupils receive fruit daily as part of the School Fruit and Vegetable Scheme, and KS2 pupils are encouraged to bring a nutritious snack for morning break.

### 3.3 School Lunches

School lunches are provided by Caterlink and served between 12.00 and 1.30 in the hall at each school. The school meals meet the mandatory requirements of the School Foods Standards 2015.

More information about the Caterlink company can be found at [www.caterlinkltd.co.uk](http://www.caterlinkltd.co.uk)



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School meals are planned on a 3-week cycle and always contain a meat, fish and vegetarian option. The school meals menu can be accessed through our school's websites.

### **3.4 Packed Lunches**

Severnbanks aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

### **3.5 Drinks**

The schools provide water for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink. Pupils have access to water throughout the day.

Free school milk is provided to all pupils up to the term in which they turn 5. School milk is available to all older children at a small cost.

### **3.6 School Trips**

A packed lunch will be provided by the school, for all children who usually have a free school meal or children are welcome to bring their own packed lunches.

## **4. Curriculum**

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). The Eatwell model (see appendix A) is used throughout the school as a model of understanding a balanced diet. We help children learn about where food comes from (Food to Fork initiative).

## **5. Special Dietary Requirements**

The school does everything possible to accommodate pupil's specialist dietary requirements including allergies, intolerances, religious or cultural practices.

## **6. Parents, carers and family members**

Our relationship with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.



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## 7. Consultation

Pupils on the school council contributed to the Healthy Eating audit to help in the writing of this statement. Governors have attended Lunches at school and talked to caterers and supervisors.

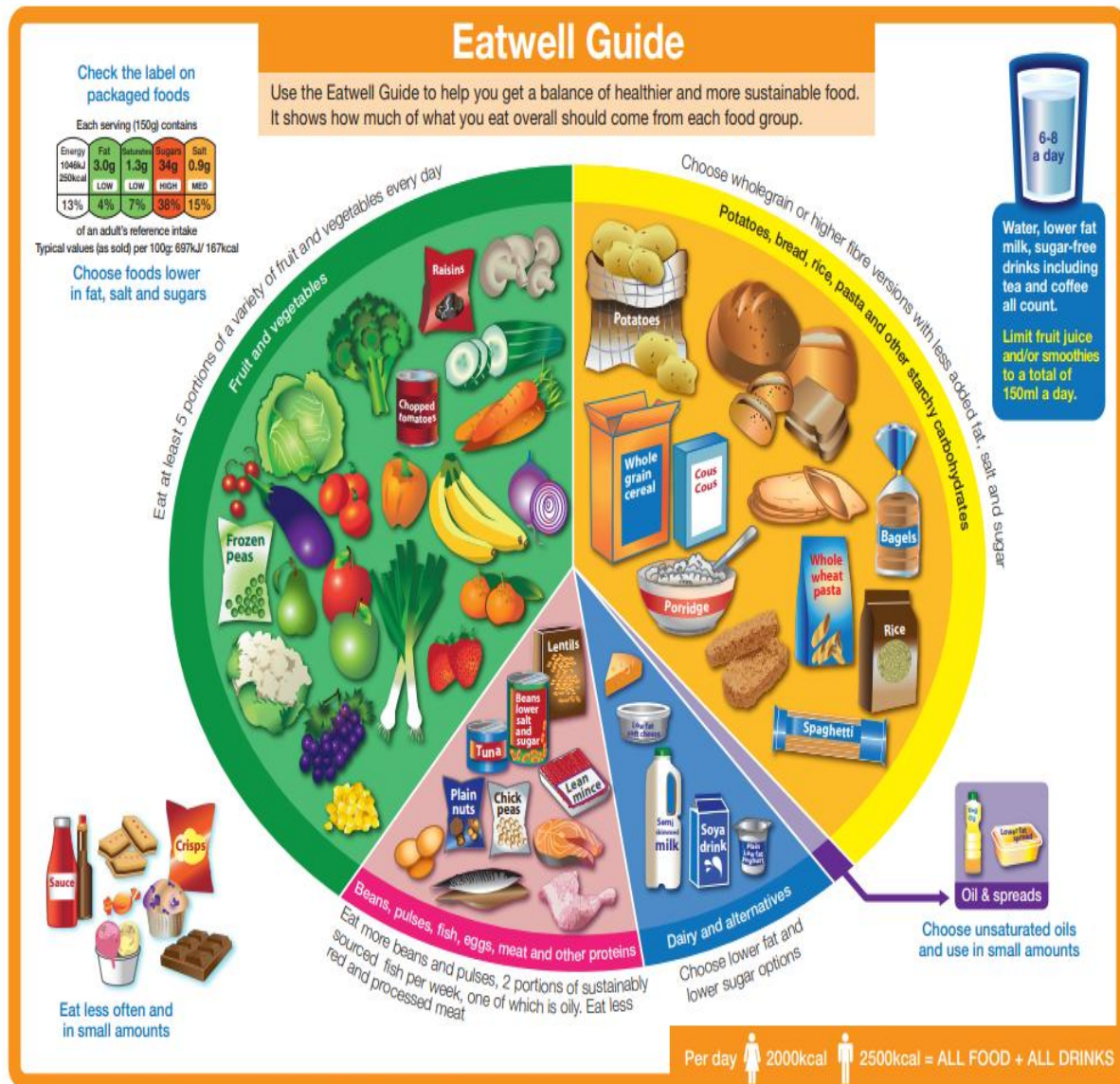
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**This policy is available on the school website: [Severnbanks Primary School - Policies](#)**

*Paper copies are available on request from the School Office*

*Appendices overleaf*

## Appendix 1: Eatwell Guide



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

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