The Federation of Burley and Sopley Primary

Schools

Healthy Eating Policy September 2026

Our Vision

Together, we nurture a love of learning that celebrates the wonder of childhood and prepares every child for the future.

We develop environments that support learning, where creativity, critical thinking, and resilience flourish. Our schools promote empathy, celebrate diversity, and encourage children to respect differences and take responsibility for themselves and their communities.

By embracing the wider world and fostering strong, collaborative relationships between our schools, we build a forward-thinking community with high expectations for all. We empower children to think independently, stay safe, and grow into confident, compassionate individuals ready to thrive in an ever-changing world.



The Federation of Burley and Sopley Primary School's Healthy Eating

Date of issue	Autumn '27	**Date to be revised**	Autumn '28

Introduction

At the Federation of Burley and Sopley Primary Schools, we are committed to promoting healthy lifestyles and supporting the physical and mental wellbeing of our pupils. A balanced diet plays a vital role in children's growth, development, and ability to learn effectively. This policy outlines our approach to healthy eating within the school environment.

Morning Snack Guidance

Children are encouraged to bring a healthy snack for morning break. Acceptable options include:

- **Fresh fruit or vegetables** (e.g. apples, bananas, carrot sticks, cucumber slices)
- **Non-chocolate biscuits** from the biscuit aisle (e.g. plain digestives, oat biscuits)
- **Cheese** (e.g. cubes, slices, or cheese strings)

Snacks should be **nut-free** to ensure the safety of children and adults with allergies.

Within our Reception and Year 1 class, children are provided with a healthy snack each day. This includes a daily piece of fruit or vegetable, as well as the opportunity to visit our ‘Snack Bar’, which offers a range of healthy snack items detailed above. The Snack Bar forms part of our ongoing Design and Technology learning, allowing children to develop practical skills while also promoting positive and healthy eating habits.

Packed Lunch Guidance

We encourage families to provide packed lunches that reflect a balanced and nutritious diet. A healthy packed lunch may include:

- **A source of protein** (e.g. lean meats, eggs, beans, cheese)
- **Wholegrain or starchy foods** (e.g. wholemeal bread, pasta, rice)
- **Fruit and/or vegetables**
- **A dairy item** (e.g. yogurt, cheese)
- **A small treat** (e.g. a biscuit, cake, or chocolate item in moderation)

Fizzy drinks and energy drinks are **not permitted**.

School-Provided Hot Dinners

As a school, we also offer **hot dinners** for all children. These meals are:

- **Free of charge** for children in **Early Years and Key Stage One**
- **Free** for children in **receipt of Pupil Premium funding**

Meals are prepared by an **external catering company** and fully comply with the **Department for Education's healthy eating and nutrition guidelines**.

Water Bottles

Children should bring a **refillable water bottle** each day containing **water only**. This helps promote hydration and supports concentration and learning.

- Children with **medical conditions** that require alternative drinks, snacks or lunches will be supported on an individual basis following discussion with parents/carers and relevant staff.

Monitoring and Support

Staff will encourage healthy choices and may speak with parents/carers if lunchboxes or snacks regularly fall outside of the guidance. We aim to work in partnership with families to support positive habits.

Review and Communication

This policy will be reviewed annually and communicated to parents/carers via newsletters and the school website.