



Hamstel Junior School

Food Policy

Excellence in Everything

Reviewed by	Charlotte Hendle
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Date of next review	November 2027





Food Policy

1. Mission

At Hamstel Junior School, we recognise the importance of a holistic approach to maintaining a healthy lifestyle; we understand that establishing a nutritious and balanced diet in childhood leads to healthy eating habits for life.

This policy states the ways in which our school community supports pupils to develop their knowledge and understanding of the importance of a healthy diet in their everyday lives, and develop the skills and attitudes that will help them make informed, nutritious choices both in and out of school.

2. Aim

2.1 To improve the health of pupils, staff and their families by: helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a nutritious and balanced diet.

2.2 To increase pupils' knowledge of foods and their impact on physical and mental health and the environment.

2.3 To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty and nutritious food as well as a safe and easily available water supply during the school day.

2.4 To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, vegan, medical, and allergenic needs.

2.5. To make the provision and consumption of food an enjoyable and safe experience. To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

2.6 To ensure that all aspects of food and nutrition in school promote health and wellbeing of pupils, staff and visitors to our school.

3. Objectives:

Review the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up-to-date.

Work with the school's catering company, Pabulum, to promote a healthy and balanced diet.

Develop an understanding and a positive ethos within the school of safe, tasty, nutritious and environmentally sustainable food, through both education and modelled example.

Create an environment, both physically and socially, which is conducive to the enjoyment of safe, tasty, nutritious and environmentally sustainable food.

Retain the school's Enhanced Healthy School accreditation (Achieved July 2025)

4. The Curriculum

Healthy Eating is explicitly addressed within the Science, PSHE, PE and D&T curriculum. This is also highlighted and discussed during assemblies.

Each curriculum subject will be developing a range of skills and a good understanding of this will contribute towards these areas.

A wide range of teaching strategies, approaches and resources are used to deliver the curriculum.

Visitors who are able to support the class teachers. All visits are carefully planned into the curriculum to support the pupils' learning.

5. School's commitment

5.1 The school is a member of the Healthy Schools Scheme and is part of the Portico MAT Subject leader group for PHSE and PE where Healthy Living and education is discussed regularly. This is a group of representatives from the MAT who meet on a regular basis to review healthy school activities within their schools.

6. School Food Provision

6.1 At Hamstel Junior School we recognise that most of us need to the following foods in abundance:

- Fruit and vegetables
- Complex carbohydrates
- Fish and lean meat
- Beans and pulses
- Water for hydration

6.2 We also need to ensure that foods which contain high levels of the following, are consumed in moderation:

- Fat
- Sugar
- Salt

6.3 This knowledge is reflected in the food provision in school. All school meals meet the Government nutritional standards for school lunches (2015).

6.4 Currently food in the school is provided by outside caterers, Pabulum. Hamstel Junior School catering facilities are dedicated to providing a well-balanced and nutritious menu of school dinners, with a minimal amount of additives, where possible within the schools' budget. The school works closely with the school catering manager and catering staff to ensure that there is a consistently wide range of nutritious and appealing meals available to pupils.

A balanced menu is provided that follows government guidelines. A three weekly rotational menu is provided in order to ensure children are exposed to a range of meal choices. Dinners are eaten in the Jubilee Dining Hall since it is important to sit down and eat meals together. The cost per school dinner is £2.45.

Children are allowed to bring in healthy snacks during break time. Regular reminders are published in the school newsletter about appropriate snack choices and what to bring into school. The food brought in by children for snacks and as part of their lunch is monitored by members of staff within the school. The following foods are not permitted to be consumed at school, at any time: fizzy drinks, sports drinks, chocolate bars and foods containing nuts. Sweets, e.g. jelly sweets or boiled sweets, are not permitted before school, during break time or at lunch time. The only exception is when children bring in sweets from home to celebrate their birthday, in which case they will be distributed at the end of the day for consumption at home. Bringing in biscuits, crisps, cakes and foods that are high in salt or sugar are discouraged for consumption as a break time snack or as part of their lunch. Fruit and vegetables or foods that are of high nutritional value are actively encouraged both as a snack and as part of children's lunch.

The school operates a 'No Nut' policy throughout the school as there are several children and members of staff with nut allergies and all visitors and parents are informed of this. We aim to be nut free.

Milk and fresh water are available in the canteen at lunch time. The children are actively encouraged to bring in a reusable water bottle so they have access to fresh water throughout the day whilst in class and there are a number of water fountains for children to use when on the playground to ensure they stay hydrated. Only water is allowed in these bottles linking to our mission to restrict excess consumption of sugars. Children are welcome to bring a small carton of fresh fruit juice or no added sugar squash to drink alongside their morning snack/packed lunch.

7. Monitoring and Evaluation:

7.1 Formal curriculum: Subject Leader to monitor and evaluate how and where aspects of healthy eating are delivered within the school.

7.2 Hamstel Junior School and Pabulum monitor the number of pupils using the school dinner service.

7.3 Children to express opinions and views about healthy eating through school council meetings, notice boards, pupil surveys and displays.