



**The Park Federation Academy Trust
Western House Academy**

Healthy Eating Policy

Healthy Eating Policy

At Western House Academy we recognise that a nutritious diet is vital for our children's development, focus, and long-term health. This policy outlines our commitment to fostering a positive food culture that supports learning and well-being for all.

Our Goals

- To ensure all children have access to nutritious food during the school day.
- To teach children how to make healthy, informed food choices.
- To create a consistent message regarding healthy eating across the curriculum and school environment.

School Meals

Our school lunches are available for all and designed to be balanced and flavourful, meeting or exceeding national nutritional standards.

- **Variety:** Menus include a range of proteins, whole grains, and seasonal vegetables.
- **Sourcing:** We aim to use fresh, locally sourced ingredients whenever possible.
- **Accessibility:** We provide options for various dietary requirements, including allergies and religious or lifestyle preferences. Please contact the catering team directly if your child requires a specialist meal/diet.

From September 2026 all children in Reception will only be given a hot school meal option. This will continue until they are in Year 3 when parents can decide if they want to have packed lunch or a school meal.

Packed Lunches

We encourage parents and carers to provide balanced packed lunches. To support a healthy environment, we ask that lunches include:

- **At least one portion of fruit or vegetables.**
- **A source of protein** (e.g., lean meat, fish, eggs, beans, or pulses).
- **A starchy food** (e.g., wholemeal bread, pasta, or rice).
- **A dairy item** (e.g., cheese or plain yogurt).

If a member of staff notices an un-healthy food choice in a child's lunch box, the child will be asked to take it home and they will receive a reminder slip.

We are a **nut-free school**, please ensure no products containing nuts are sent into school to protect Children with severe allergies.

Snacks and Hydration

- **Break-time Snacks:** Children are encouraged to bring fresh fruit or vegetables for their mid-morning snack. Children in EYFS and KS1 will have access to fruit at break times.
- **Water:** Hydration is key to concentration. Children should bring a reusable water bottle (labelled with their name) containing plain water only.
- **Fizzy Drinks:** Energy drinks and sugary sodas are not permitted in school.

Celebrations and Rewards

While we value celebrations, we do not permit sweets or cake.

- **Birthdays:** We suggest non-food alternatives, such as a "birthday book" for the class library or a special sticker.

- **Rewards:** Teachers use non-food incentives, such as extra playtime, certificates, Dojo points, house points or stickers to celebrate achievements.
- **Celebration meals:** Twice a year children are entered into a draw by their teachers, for varying reasons. If their name is pulled out, they are asked to join a member of staff along with two friends for a special restaurant meal.

Food Education

Healthy eating is integrated into our curriculum through:

- **Science and PSHE:** Learning about the body, nutrition, and food groups.
- **Cooking & Nutrition:** Hands-on opportunities for children to prepare simple, healthy dishes.
- **Gardening:** Growing vegetables in the school garden to help children understand where food comes from.

Appendix 1

Letter to Parents

Dear parents/carers

As we start the new year, I wanted to reach out with a friendly reminder about our school's healthy eating policy. At Western House Academy, we believe that a balanced, nutritious diet is essential for our pupils' growth, development, and overall well-being. That's why we kindly encourage packed lunches brought from home contain a selection of healthy options.

A good packed lunch could include a sandwich or cold pasta pot, some fresh fruit or crunchy salad veggies, a small packet of crisps or a yogurt. Please do not send your child to school with chocolate bars, sweets and fizzy drinks, as these can have a negative impact on our children's energy levels and concentration in the classroom.

There has been lots of research looking into the possible negative effects of high sugar foods and simple carbohydrates on children's behaviour and well-being especially those children with additional needs. High sugar foods or simple carbohydrates are rapidly digested and create a quick 'high' in children's bloods, effecting their behaviour accordingly this then results in the sugar leaving the system often resulting in a slump in concentration and a feeling of fatigue. Unlike complex carbohydrates such as potatoes, bread, pasta and fruit which provide sustained energy and vitamins.

We encourage all children to drink water regularly in class and at break and lunch times. It is incredibly important for brain function to keep hydrated.

We do understand that every child is different if there are specific concerns or restrictions around diet and eating, please contact out SENDCO and/or our catering team.

For more information visit:

<https://www.gov.uk/government/publications/the-eatwell-guide>

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Thank you for your continued support

Appendix 2

Lunch Box slip

Lunchbox Reminder

Date: _____

Child's name: _____

Dear Parent/Carer,

At Western House Academy we are working hard to encourage healthy eating habits to help our children stay focused and energised all day.

During today's lunch, we noticed an item that does not align with our **Healthy Eating Policy**:

- Sugary fizzy drink / Energy drink
- Confectionery (Sweets/Chocolate)
- Nut-based product (**Urgent: High Allergy Risk**)
- Other: _____
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Why this matters: High-sugar foods can lead to "energy crashes" in the afternoon, making it harder for children to concentrate in class. Nut products are restricted to ensure the safety of Children with life-threatening allergies.

Thank you for your cooperation in keeping our school healthy and safe.

Appendix 3

Lunch box guide

The Healthy Lunchbox Guide

Quick ideas for a balanced, energy-boosting lunch!

A great lunch helps your child stay focused, happy, and energized for the afternoon. Use this simple "Pick & Mix" guide to build a healthy meal every day.

Getting the balance:

Aim to include one item from each of these four categories:

Main (Energy)	Vegetables and Fruit (Vitamins)
Sandwich or wrap	Carrot stick or cucumber slices
Pasta Salad	Apple, banana or orange
Rice or Cous cous salad	Small pot of berries or sliced grapes
Bagel or Pitta Bread	Snap peas or cherry tomatoes
Protein (Growth)	Dairy or Alternative (bones)
Tuna or salmon	Yogurt
Boiled egg	Cottage cheese
Houmous	Cheese cube or slice
Sliced chicken or turkey	Dairy free yogurt

Drinks & Snacks

- **The Best Choice:** A reusable bottle of plain water.
- **A Healthy Extra:** Sugar-free popcorn, oatcakes, rice crackers

Treats: Please save sweets, chocolate, and fizzy drinks for home.

Important Reminders

- **No Nuts:** To keep all our Children safe, please do not pack peanuts, peanut butter, or any products containing nuts.
 - **Easy Access:** Please ensure your child can open their containers and fruit (like oranges) independently.
 - **Waste:** We strongly encourage reusable containers to help reduce our school's plastic waste
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Lunchbox Tips

- **Prep Ahead:** Chop veggies on Sunday night so they are ready to grab all week.
- **Leftovers are Great:** Cold pasta or rice from last night's dinner makes a perfect lunch.
- **Mix it Up:** Try different types of bread—like wraps, bagels, or muffins—to keep things interesting.
- For more information visit:

- ❖ <https://www.gov.uk/government/publications/the-eatwell-guide>
- ❖ <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>