

Rivelin Primary School

Healthy Eating Policy 2026/2027

1. Our Commitment

At Rivelin Primary School, we want children to develop healthy eating habits and understand how food and drink contribute to their health, wellbeing and learning.

We recognise that healthy eating is an important part of children's personal development and that school has an important role in helping children make informed and positive choices.

2. Healthy Eating at Rivelin

We encourage children to:

- eat a varied and balanced diet;
- eat plenty of fruit and vegetables;
- choose healthy snacks;
- drink plenty of water;
- understand the importance of breakfast and regular meals;
- develop an understanding of where food comes from; and
- understand how food choices can affect health and wellbeing.

Healthy eating is also supported through the curriculum, including Science, PSHE and Design and Technology.

3. School Meals

The school encourages children to choose a balanced school meal.

School meals should provide a range of nutritious choices and support children's understanding of healthy eating.

Parents and carers are encouraged to discuss healthy food choices with their children and to inform the school of any dietary requirements, allergies or medical needs.

4. Snacks

Children in appropriate year groups may bring a healthy snack for break time.

Suitable snacks include:

- fresh or dried fruit;
- vegetables;
- plain bread or bread-based snacks; and
- other appropriate healthy options recommended by the school.

Children should not bring sweets, chocolate or other high-sugar treats as everyday snacks.

5. Water and Drinks

Children are encouraged to drink water regularly throughout the school day.

Children should bring a named water bottle to school.

Water will be readily available to children throughout the day.

6. No-Nut School

Rivelin Primary School is a nut-free school.

For the safety of children and staff with allergies, children must not bring nuts or products containing nuts into school.

This includes nuts used as ingredients or contained within foods such as nut butters, nut bars or other products containing nuts.

Staff, parents, carers and visitors are expected to follow the school's no-nut arrangements.

Where a child has a diagnosed allergy, the school will follow the arrangements set out in the school's Supporting Pupils with Medical Conditions Policy and individual healthcare plan, where applicable.

7. Food Allergies and Dietary Requirements

Parents and carers must inform the school of any food allergies, intolerances or dietary requirements.

The school will work with families and relevant professionals to ensure that appropriate arrangements are in place.

Staff will be aware of children with significant allergies and follow the school's allergy and medical procedures.

8. Celebrations and Treats

The school recognises that food can be part of celebrations and special occasions.

Where food is provided for celebrations, staff will consider allergies, dietary requirements and the school's healthy eating principles.

The school will seek to minimise the use of sweets and high-sugar foods as rewards.

9. Monitoring and Review

The Headteacher and Governors are responsible for monitoring the implementation of this policy.

This policy will be reviewed regularly to ensure that it continues to support children's health, wellbeing, safety and understanding of healthy eating.

At Rivelin, we want children to understand that healthy eating is not about banning foods — it is about making positive, balanced choices that help us to grow, learn and feel well.