

Healthy Eating guide



“I come that they may have life and live life to the full ”
John 10:10

Holy Rosary RC Primary Healthy Eating Policy



1. Introduction

Holy Rosary RC Primary is committed to promoting the health and wellbeing of all children by encouraging nutritious eating habits as part of our Catholic values of care and respect for the whole person. This policy supports our mission to nurture children's growth, development, and readiness to learn through healthy food choices

2. Aims

- To ensure all food in school promotes good health and supports learning.
- To help children develop long-term healthy eating habits.
- To work in partnership with parents and carers to encourage nutritious choices.
- To provide clear, consistent expectations for all food brought into school.

3. School Meals

- All meals meet or exceed national School Food Standards.
- A daily variety of fruit, vegetables, and salads is provided.
- Menus cater for medical, religious, and cultural needs.
- Water is accessible throughout the day.

4. Packed Lunches

- **Fruit** – fresh, dried, or tinned in juice
- **Vegetables/salad**
- **Carbohydrates** – wholemeal bread, wraps, rice, pasta, couscous, potatoes
- **Protein** – lean meat, fish, eggs, beans, pulses, cheese
- **Dairy/dairy alternative** – yogurt, cheese
- **Healthy drink** – water is encouraged

A healthy packed lunch should include:

Allowed in moderation (limited to ONE item per day):

- **ONE small biscuit, or**
- **ONE small packet of crisps** (including baked or low-salt varieties)

Not permitted in packed lunches:

- Sweets or chocolate bars
- Fizzy or energy drinks
- Nuts or nut products
- Fast food or takeaway items

5. Snacks

Permitted snacks:

- Fresh fruit
- Vegetable sticks
- Breadsticks
- Plain rice cakes
- Unsweetened dried fruit
- School-provided fruit (EYFS/KS1)

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Not permitted:

- Crisps
- Sweets or chocolate
- Sweet pastries
- Sugary cereal bars
- Chewing gum

"I come that they have life and have life to the full"

6. Drinks

- Water is the recommended drink and is available at all times.
- Milk and lactose-free alternatives are permitted.
- Fruit juices or smoothies (max 150ml) may be included in packed lunches.
- No fizzy or high-sugar drinks.

7. Birthdays and Celebrations

To promote healthy choices and inclusivity:

- **Only non-food birthday treats are permitted in school.**
- Acceptable non-food treats include:
 - Stickers
 - Birthday pencils
 - Certificates
 - Small novelty items (e.g., bookmarks)

8. Special Dietary Needs

The school works closely with families and professionals to meet dietary needs linked to:

- Allergies
- Intolerances
- Cultural or religious requirements
- Medical or health conditions

Parents must notify the school of any changes.

9. Education and Promotion

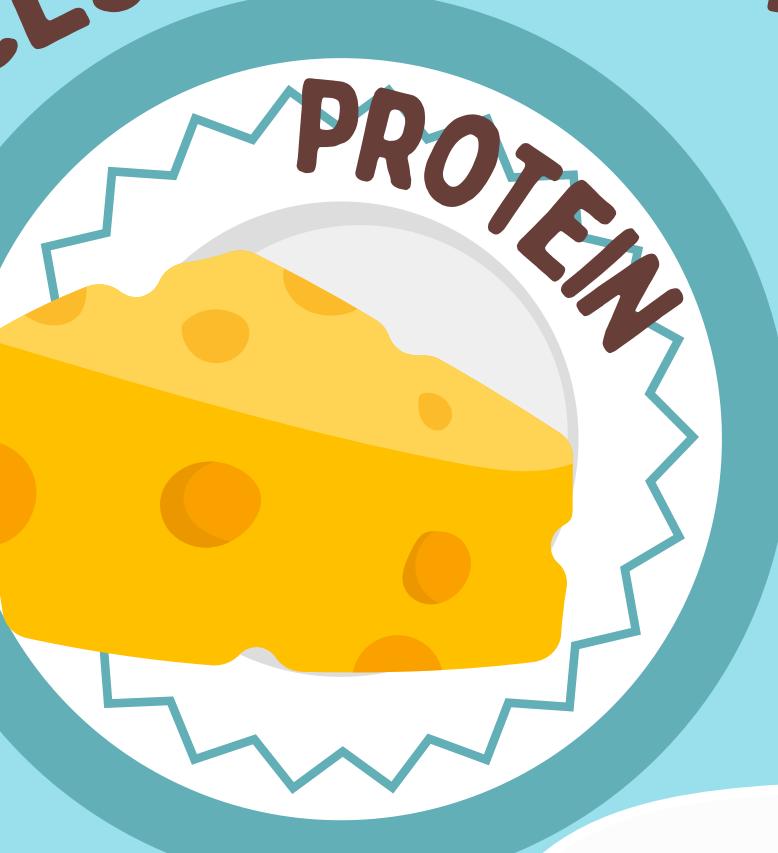
Healthy eating will be encouraged through:

- PSHE, science, and DT lessons
- Food-preparation activities
- Assemblies and themed days
- Staff modelling healthy habits
- Parent communication via newsletters and workshops

10. Monitoring

- Staff may carry out informal checks of packed lunches and snacks.
- Concerns will be raised sensitively with parents to offer support, not judgement.
- The policy will be reviewed every two years or when national guidance changes.

HEALTHY PACKED LUNCH



SENSIBLE
CHOICES



AND 1 SMALL
TREAT

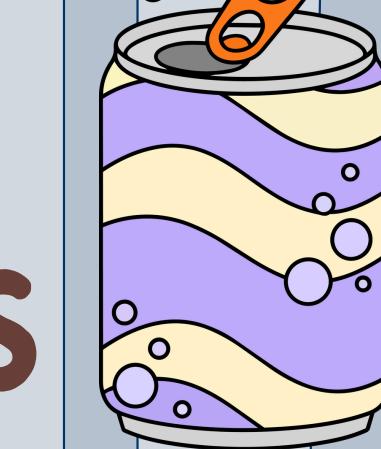
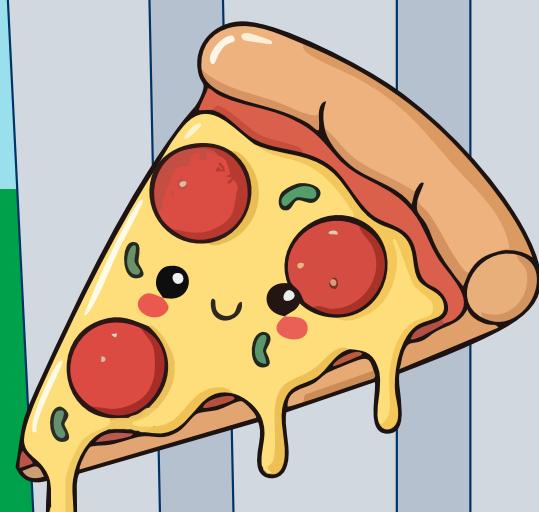
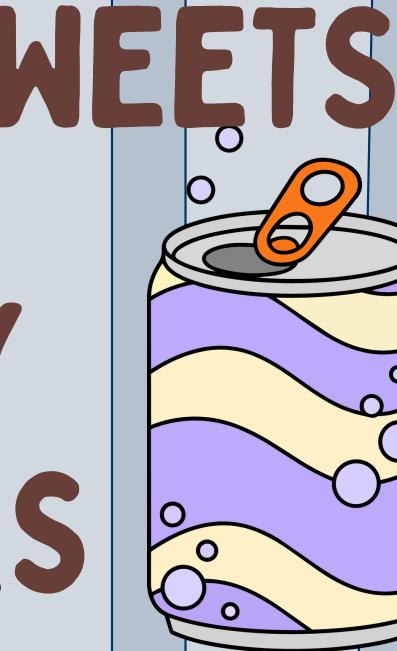


NOT
ALLOWED



FIZZY
DRINKS

FAST
FOOD



Water bottles
Only water - no fruit juice

Birthdays and Celebrations
Only non-food birthday treats are permitted

PLEASE READ OUR SCHOOL
HEALTHY EATING POLICY TO
KNOW MORE!