



Southwick Primary School Healthy Food Policy

SOUTHWICK C E PRIMARY SCHOOL

Love, Learn, Grow

Southwick School as we know it was established in 1869 to provide an education based on religious and moral instruction for the poorer families of the parish. Our mission is to provide a loving, purposeful, inclusive, non-discriminatory environment where all are valued and encouraged to persevere to achieve their potential as well as have respect for God and His world.

Through a loving Christian fellowship, our children learn all of the values, skills and knowledge they need so that they can grow into positive and active members of the community in which they live. Our vision is theological rooted:

"Do everything in love" 1 Corinthians 16:14

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs."

1 Corinthians 13: 4-5

'To love' is at the heart of what it means to be a Christian. Jesus preached that to love God and others are the greatest commands. The call to live a life marked by love is a consistent message found throughout the bible. When the apostle Paul wrote to the church of Corinth, he instructed them to do everything in love. Therefore, as a school, love and compassion for the self, others and God's world are at the centre of all we do.

This policy has been developed and implemented in consultation with the whole school community including pupils, parents/carers, staff, governors and partner agencies. It was written with reference to the Equality Act 2010. Southwick Primary School promotes values which reject bullying behaviour and promote co-operative behaviour. Tackling bullying matters. This should be read alongside our policies on School Improvement, Equality and Diversity, Teaching and Learning, Special Educational Needs and Behaviour and Safeguarding.

Approved and adopted: January 2025 **Review Date:** January 2027

Southwick Primary School Healthy Food Policy

“Do everything in love” – 1 Corinthians 16:14

Purpose

At Southwick Primary School, we are a Christian school guided by the principle to *“do everything in love”*. This value shapes every aspect of school life, including the way we care for and nourish one another. Our Healthy Food Policy reflects our commitment to promoting the health, wellbeing, and dignity of all children, recognising each child as a unique individual made in the image of God.

We believe that sharing good food, learning about healthy choices, and caring for our bodies and the world around us are all ways we can show love – to ourselves, each other, and creation.

Aims

- To ensure all food provided by the school meets or exceeds the current **School Food Standards**.
 - To educate and encourage pupils to make healthy food choices in a spirit of love and respect.
 - To support the development of positive attitudes towards food and nutrition.
 - To involve the whole school community in promoting a culture of kindness, compassion, and healthy living.
 - To maintain a safe, **nut-free** environment for all pupils and staff.
 - To help pupils value and care for creation by growing fruit and vegetables in our school garden.
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Nut-Free School Statement

Southwick Primary School is a **nut-free school**, reflecting our responsibility to care for every member of our school family. No nuts or nut-containing products are allowed on school premises. This helps protect pupils and staff who may have life-threatening allergies, and reflects our Christian call to look out for the needs of others.

All parents, carers, staff, and visitors are asked to respect and support this policy.

1. School Meals

- Meals provided by our caterers meet the **School Food Standards** for portion size, nutrition, and balance.
 - Fresh fruit, vegetables, and wholegrain choices are available every day.
 - Water is freely available throughout the school day.
 - Fried and high-fat foods are limited; processed meats are replaced with healthier protein options where possible.
 - All dietary needs are considered and catered for with compassion, care, and dignity.
 - All meals are nut-free.
 - **Where possible, our school-grown fruit and vegetables are used in meals or cooking lessons, helping pupils appreciate God's creation and the work of those who grow our food.**
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2. Packed Lunches

We ask families to support our vision by providing lunchboxes that reflect healthy choices and our school values.

Should include:

- At least one portion of fruit and one portion of vegetables
- Wholegrain options such as bread, pasta or wraps
- Lean proteins (e.g. chicken, tuna, eggs, beans)
- A dairy item or suitable alternative (e.g. cheese, yoghurt)
- Water, milk, or low-sugar drinks

Must not include:

- Any nuts or nut-containing products (e.g. Nutella, cereal bars with nuts, peanut butter)
- Fizzy drinks or sugary squash
- Sweets or chocolate bars
- Crisps (except occasionally, in moderation)

Note: Periodic reviews of lunchboxes may take place. Any guidance given to families will be supportive and respectful, reflecting our ethos of love and understanding.

3. Snacks

- EYFS and Key Stage 1 pupils are provided with free fruit or vegetables daily.
- Key Stage 2 pupils may bring healthy snacks such as fruit, vegetable sticks, or wholegrain items.
- Sweets, chocolate, and crisps are not permitted.
- All snacks must be **nut-free**.

- Choosing healthy snacks is one way we can “*do everything in love*” – by looking after the body God has given us.
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4. Drinks

- Water is available throughout the day and is the preferred drink.
 - Milk is offered to pupils under the School Milk Scheme.
 - Fizzy drinks, energy drinks, and sugary squash are not allowed in school.
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5. Special Occasions and Birthdays

- Celebrating together is an important part of school life. We encourage **non-food** ways to mark birthdays and milestones – such as small gifts, games, or special classroom moments.
 - If food is brought in to share, it must be nut-free and align with our healthy eating approach.
 - We celebrate in a way that is inclusive, respectful, and reflects our Christian care for one another.
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6. Food Education and the Curriculum

- Food and nutrition are embedded throughout the curriculum, especially in Science, PSHE, and Design & Technology.
 - Pupils are taught to make informed, balanced food choices and to understand how healthy eating supports wellbeing.
 - Cooking and food preparation are key life skills that we nurture with joy and care.
 - **Our Christian values are lived out through our use of the school garden, where children grow fruit, vegetables, and herbs. This deepens their connection to nature and encourages stewardship of God’s creation.**
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7. Partnerships and the Wider Community

- We work in partnership with parents, caterers, and health professionals to ensure consistent messages.
- Parents are invited to food workshops and given resources to support healthy choices at home.
- Our School Council and Eco Team may contribute to reviewing food provision and environmental sustainability.

- Community involvement in our school garden is encouraged – a shared act of love and care for creation.
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8. Monitoring and Review

- The Senior Leadership Team monitors the implementation of this policy.
 - Feedback from pupils, staff, and parents is welcomed and used to inform updates.
 - The policy is reviewed annually to reflect new guidance and the needs of our school community.
 - As a Christian school, we seek to ensure all decisions are made in the spirit of *“doing everything in love.”*
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Date Adopted: January 2025

Next Review Date: January 2027

Approved by: Headteacher and Governing Body
