St Hilary's Prep School Policy

Whole School Food Policy (excl EYFS)*

INTRODUCTION

In our school, we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of their behaviours, and encourage them to take responsibility for the choices they make. We actively promote democracy, the rule of the law, individual liberty and mutual respect and patience of those with different faiths and beliefs. These are fundamental British Values which underpin all that we offer, as does our School Motto 'Not for oneself but for all.'

The school supports the '5-A-DAY' ethos to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

RATIONALE

St Hilary's strives to be a healthy school. It is also a 'nut free' school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families about food and healthy-eating patterns. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle. At St Hilary's School we aim to ensure that all children in our care learn and develop well and are kept healthy and safe. Adults in school promote positive behaviour and relationships by modelling 'positive behaviour and highlighting exemplary behaviour of children in class, narrating what was kind and considerate about the behaviour.' Development Matters, 2020, Updated 2021 p68

AIMS AND OBJECTIVES

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to eat five pieces of fruit or vegetables each day

SETTINGS FOR FOOD POLICY

Breakfast club

The Breakfast Club operates daily in the school and is open to all children. The food offered is healthy and is consistent with a healthy, balanced diet – e.g. toast (wholemeal), low-fat spreads, fruit jam, yoghurt, low-salt/low-sugar fortified cereals, slices of fresh fruit. There is also a hot option daily which could include scrambled eggs, poached eggs on muffins, porridge. Children choose from water, fresh orange juice, cranberry juice and apple juice to drink.

Snack

All of our children are entitled to free milk during morning break. At St. Hilary's, we provide a homemade snack in the morning and the children can also have a piece of fruit. In the afternoon, Pre-Prep pupils have an option of a rich tea biscuit or fresh fruit.

School lunches Year 1 to Year 6

All our school meals are provided by a contracted caterer who has a healthy-food policy as part of their tender (Thomas Franks). This includes the use of fresh fruit and vegetables each day as a choice for the children. This is supplied by our local grocers in Godalming. Our catering company provides a choice of hot food (including the main dish of the day, vegetarian alternative, and jacket potatoes), which pay regard to nutritional balance and healthy options. A salad bar is also provided and children are encouraged to serve themselves and make healthy options. In the winter months, the children also have the additional option of taking soup. All dietary requirements are catered for. The catering team is informed of any allergies or intolerances for pupils and this is kept on record, with a visual board by the serving counter for quick checks. In addition, a red tray system alerts the team to any intolerances or allergies.

Water for all

Cooled water is freely available throughout the school day to all members of the school community. Children may drink water at any convenient time and have a water bottle to ensure they are hydrated. In assemblies, the Headmaster frequently reminds the children about the importance of drinking water. The Lead First Aider, Miss Trew, reminds pupils particularly in the summer months, that they should be hydrating themselves. This is also reinforced by the Sports Department and by those staff on duty at breaktimes. Drinking water signs are displayed clearly above taps which can be used to replenish water bottles.

After School Snacks

Children are provided with sandwiches and fruit or a healthy treat in After School Care. For children attending After School Clubs, they may bring in a healthy snack. The school reinforce and promotes healthy eating by communicating a list of 'healthy nut-free snacks' to all our parents and carers (see Appendix).

Food Across the Curriculum

Across the school, there are many opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

- English provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.
- Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients
- Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise. The children also learn about caring for their teeth.
- RS provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.
- Computing/Form Time/Current Affairs can afford pupils the opportunity to research food issues using the internet and other electronic resources. Explore packaging and adverts to promote healthy food choices, discuss fair trade and understand where their food comes from.
- PSCHE encourages our children to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils can discuss issues of interest e.g. advertising and sustainable development.
- Music can explore songs which link to the theme of food.
- Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.
- History provides insight into changes in diet and food over time.
- Sport provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as swimming and walking.
- School visits provide pupils with activities to enhance their physical development, e.g. to activity centres.
- Clubs and Enrichment includes sports practices, gym, tennis, Friday Fitness and swim squad.

- Class barrels are used across the school to encourage children to grow a range of fruits and vegetables which they then use to cook with.
- Staff support and encourage good manners, choices of food and use of cutlery when they are on duty.

Partnership with Parents
The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other.

Parents and carers are regularly updated on our water and healthy snack policies through regular communications. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day. A letter reminding parents of the fact that we are a 'nut free school', are sent out at the beginning of each academic year, as well as distributed through the new starter and in-year admissions packs.

On school day trips, packed lunches are provided by the catering.

Parents are reminded that, due to the severity of some allergies in school and the difficulty in managing allergies and preferences when children bring treats into school, we have made the decision not to accept birthday treats in school.

All members of staff are reminded that, due to the severity of some allergies in school and the difficulty in managing allergies and preferences, staff are asked not to provide treats (cakes, sweets, biscuits, etc.) for children, or for the staffroom. The catering company provides biscuits and Friday snacks for staff.

During out-of-school events, e.g. school discos etc., the school will supply a range of safe refreshments to the children.

Please see Food Tech Policy for further information.

Role of The Governors
Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has expertise in this area.

** Please also see separate Food Policy for EYFS*

Author: DSL
Read & Approved by: The Headmaster and St Hilary's Senior Leadership Team
Read & Shared: with all staff at St Hilary's School
Reviewed: February 2023, June 2023, December 2023, June 2024, Feb 2025, March 2025, September 2025, Sept 2026
Next Review Date: June 2027
Persons responsible: Mark Parton (DSL), Hannah Wynn (Business Manager)

APPENDIX

A list of Nut Free Snacks that has been communicated to all parents in September 2026.

NUT FREE SNACKS

PRODUCE

- Fresh fruit (no kiwi fruit)
- Fresh vegetables (no celery)
- Raisins
- Dried Fruit

SAVOURY SNACKS

- Pretzels
- Mini cheddars
- Popcorn
- Rice cakes
- Corn cakes
- Potato crisps (e.g. Pom Bears)

SWEET SNACKS

- Bear Pure Fruit Snacks (e.g. YoYo)
- Kellogg's Rice Krispie Squares
- McVitie's Penguin biscuit
- McVitie's Club biscuit (mint or orange)