



**William Byrd**  
PRIMARY ACADEMY

## Food & Drink Policy

**2025- 2026**



MIDDLESEX  
LEARNING  
PARTNERSHIP

**Approved by:** Governors

**Last reviewed on:** September 2025

**Next review due:** September 2026

## 1. Introduction

**William Byrd Primary School** provides food and drink environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food.

This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating. Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment.

The policy was formulated through consultation between members of staff, governors, parents, pupils, Healthy School London and our school nurse.

## 2. School Food Leadership

This school food policy and healthy eating strategy is co-ordinated by **Joanna Wegrzyn**. The nominated school governor is **Barbara Turner**

## 3. Food policy aims

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food and drink choices throughout the school day

## 4. Curriculum

Food and nutrition are taught at an appropriate level throughout each key stage. This is addressed in the following ways:

- food and nutrition education. We incorporate food and nutrition learning opportunities to different subject areas e.g. PE, RE, Geography, History, Maths as well as through the requirements in science, Design and Technology and PSHE.
- Cooking
- food growing

### 4.1 Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teacher's planning meetings.

Our healthy eating lessons teach children about benefits of a balanced diet and the impact of a poor diet, including how sugar consumed through drinks and food, impacts mood, sleep, behaviour and its link to poor oral health, excess weight and long-term conditions such as type 2 diabetes.

## 4.2 Leading by example and staff training

Teachers, caterers, and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate these, regular food concerning updates are shared with the school staff. Staff takes an active part in implementing changes to the Healthy School approach.

## 4.3. Visitors in the classroom

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

## 4.4 Resources

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas, like DT.

## 4.5 Evaluation of pupils learning

The healthy eating aspects of the National Curriculum are assessed through SATS. Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the school planning and monitoring processes.

## 5. National School Food Standards

The 'Requirements for School Food Regulations 2014 in England' (known as the 'School Food Standards'), are mandatory for all schools. The standards define the foods and drinks that must be provided, those which are restricted, and those that must not be provided across the school day to include breakfast clubs, free school meals, and after school food and drink provision. It is the statutory responsibility of the schools governing body and trustees to ensure that the [School Food Standards](#) are being met and Ofsted have been increasing their focus on how schools are creating a culture and ethos of healthy eating.

At **William Byrd Primary School**, we ensure our food offer meets the School Food Standards through monitoring the following ways:

- **The Headteacher** meets monthly with the school cook to monitor school food choices and menu planning.
- Our cashless system enables the kitchen to monitor pupil's choices and incorporate this into menu planning.
- Feedback and scrutiny by our Governing Body
- Regular review meetings with our caterer Dolce, to ensure food is of good quality and enjoyed by our school community.

- Monitoring of school food choices and incorporating this into menu planning.
- Ensuring if we sell food to pupils, at food stalls, and this is more often than once every half term, we follow the statutory standards for school food.

In addition, we regularly consult with pupils and parents on the school food offer to minimise food waste and ensure our offer is enjoyed.

## 5.1 Breakfast

Breakfast is an important meal, providing around 25% of a child's daily energy needs and making a significant contribution to their vitamin and mineral intake.

William Byrd School operates a daily **Breakfast Club**, offering a nutritious meal for pupils before the school day begins. Breakfast is served from **7:15am to 8:30am** by our Breakfast Club staff and is available to all pupils, including those entitled to free school meals.

If a child arrives at school hungry, cereal and/or toast is always offered to ensure no pupil starts the day without food.

We provide a variety of nutritious food and drink options at breakfast, including:

- Fortified cereals
- Wholegrain bread
- Low-fat, low-salt, and low-sugar options
- Low-fat milk

## 5.2 The school dining experience

Dolce, our school lunch provider, is committed to offering children an excellent service, ensuring every pupil enjoys their meal and has the energy to study and learn throughout the afternoon.

Meals are freshly prepared from raw ingredients to provide pupils with a nutrient-rich and tasty lunch experience. Menus are developed by the Dolce team of chefs in collaboration with the school and are nutritionally analysed to ensure they exceed School Food Standards while encouraging the highest possible uptake of school meals.

We know that a positive dining environment significantly increases the uptake of school food. To support this, we have taken the following steps:

- **Serving times:** Lunch is served daily between 11:30am and 1:00pm.
- **Dining environment:** Our dining hall is clean, sociable, and welcoming. It promotes positive social interaction and encourages good manners at all times.

- **Seating:** Children may sit with peers regardless of whether they have a packed lunch or a school meal.
- **Role modelling:** Staff are encouraged to eat with pupils in the hall to promote healthy choices and positive behaviour.
- **Quality assurance:** Ingredients are sourced from nominated suppliers to ensure consistent high quality. We regularly seek feedback from pupils and staff to make sure meals are appealing and meet both pupil needs and School Food Standards.
- **Desserts:** The only pudding options available are fresh fruit and yoghurt.

### 5.3 Snacks

The school recognises that snacks can play an important role in a young person's diet and can contribute positively to a balanced lifestyle.

Through the Government's School Fruit and Vegetable Scheme, all children in **Key Stage 1** are entitled to one piece of fruit and/or a vegetable each day. Children in **Key Stage 2** are asked to bring a piece of fruit or a vegetable for their snack time.

Crackers, breadsticks, chocolate, chocolate-coated products, or confectionery (including cereal bars, processed fruit bars, and non-chocolate sweets) are not permitted. Any unsuitable snacks brought into school will be replaced with fruit or vegetables provided by the school.

The school actively promotes healthy snacks to parents and discourages the consumption of snacks high in fat or sugar at break times. We share the following guidance with families: *Healthier snacks – Food facts – Healthier Families – NHS.*

## 6. Packed lunch policy

We encourage parents to provide healthy well balanced packed lunches and promote health choices through our newsletter, website and class assemblies using the following resource [Lunchbox ideas and recipes – Healthier Families - NHS \(www.nhs.uk\)](http://www.nhs.uk)

We do not allow the following food and drinks to be brought in

- Salty snacks such as crisps, nuts etc
- Sweets and chocolate
- Sugary soft drinks
- Cakes and biscuits

If pupils are noted to consistently bring unhealthy packed lunches, parents are contacted to discuss and encourage other options. Prohibited foods are removed and to ensure a child

does not go hungry, food from the school meal offer is provided. A healthy pack lunch idea leaflet goes home inside the lunch box.

## 7. Special diet considerations

The school provides food in accordance with pupils' religious beliefs and cultural practices. School caterers offer a halal and vegetarian option at lunch everyday. When necessary the school also provides a vegan option.

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

## 8. Water only policy

William Byrd Primary School is a **water-only school** and follows the guidance set out in the *Water-Only School Toolkit* (London City Hall).

We encourage children to drink water throughout the school day by:

- Allowing them to keep water bottles on their desks.
- Making water readily available during lunch service.
- Providing each pupil with a named water bottle, which is kept in school, washed regularly, and refilled.

Water fountains are available both indoors and outdoors, ensuring that pupils have access to fresh water at all times.

Our staff act as positive role models by drinking water in school and on school trips.

We do not provide any other drinks, including fruit juice, squash, flavoured water, soft drinks, fizzy drinks, or smoothies, due to their sugar content, preservatives, colourings, flavourings, and sweeteners.

## 9. Supporting Early Years provision

We have a supportive breastfeeding environment. Mothers are welcome to breastfeed (or express breastmilk) and a secluded space will be provided, if required.

We can direct mothers to where there can access further breastfeeding support [Infant feeding and breastfeeding support - Hillingdon Council](#)

We encourage pregnant women and mothers with children under four to register with the Healthy Start Scheme to access free weekly food vouchers and Healthy Start Vitamins <https://www.healthystart.nhs.uk>

## 10. Mealtimes for children with SEND

All pupils in our school, including those with SEND, have access to healthy, nutritious meals and drinks, while also accommodating individual needs and dietary restriction.

### 10.1 Accessibility and Support

**Dining Environment:** Ensure the dining area is a safe and supportive environment, with modifications for accessibility needs (e.g., adapted seating, cutlery, etc.).

**Individualized Support:** Provide tailored support for students with SEND, such as modified meal plans, assistance with eating, or adjustments to the dining environment.

**Communication:** Clearly communicate the food and drink policy to all stakeholders, including parents, staff, and students, with appropriate modifications for those with SEND.

### 10.2 Nutritional Needs and Dietary Requirements:

**Medical Needs:** Collaborate with parents and healthcare professionals to address specific medical needs and dietary restrictions, such as allergies, intolerances, and other health conditions.

**Special Dietary Requirements:** Provide alternatives to standard school meals for students with specific dietary requirements, such as vegetarian, vegan, or gluten-free options.

**Food Texture and Presentation:** Offer a variety of food textures and presentations to accommodate different swallowing abilities and preferences.

### 10.3 Promoting Healthy Eating Habits:

**Education and Awareness:** Incorporate food education into the curriculum, with a focus on healthy eating and the importance of a balanced diet.

**Encouraging Participation:** Foster a positive dining environment that motivates pupils to try new foods and take part in school meals.

**Inclusivity:** Ensure the policy is sensitive to cultural and religious needs, with appropriate alternatives provided when necessary.

## 11. School Trips

A packed lunch will be provided for all children entitled to free school meals, as well as for those who have booked a hot school meal on that day. Children are welcome to bring their own packed lunch on trips; however, these should follow the same food and drink guidance outlined above, where possible.

## 12. Special Occasions

Occasional external fundraising events or special school occasions may include the sale of food such as cakes. These events must promote healthy eating, and items should be **low in sugar**, with alternatives to sugar used wherever possible.

Curriculum-themed activities may introduce children to food from other cultures as part of classroom lessons. All dietary requirements will always be respected.

Any food sales led by children must promote healthy eating and should be **low in salt, fat, and sugar**.

## 13. Food safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

We ensure food safety at all stages of food preparation and storage. Our last food hygiene inspection rating was in **July 2024** and the rating was **5**.