



Orston Primary School Healthy Eating Policy

At Orston Primary School, we are committed to promoting healthy lifestyles and positive attitudes toward food. We believe that healthy eating plays a vital role in the physical and mental development of our pupils.

Curriculum Integration:

Healthy eating is embedded across the curriculum, including Science, PSHE, and Design & Technology. Pupils learn about nutrition, balanced diets, and the importance of making informed food choices.

Food Provision:

- Pupils are encouraged to bring fruit or vegetables for snacks.
- Water is accessible throughout the day to promote hydration.
- School meals comply with national nutritional standards.
- Packed lunches should reflect healthy choices and avoid sugary snacks and drinks.

Role Modelling:

Staff are expected to model healthy eating behaviours and support pupils in making positive choices.

Inclusion:

We respect and accommodate dietary requirements arising from medical, religious, or ethical considerations. Parents are encouraged to communicate any specific needs to the school.

Monitoring and Review:

The policy is reviewed annually and monitored by the school leadership team to ensure its effectiveness and relevance.

This policy supports our wider commitment to pupil wellbeing and aligns with national guidance on school food standards.