

# ST PETER'S CHURCH OF ENGLAND PRIMARY SCHOOL



The Green, Cassington, Oxfordshire. OX29 4DN

E-mail: [office.3651@st-peters.oxon.sch.uk](mailto:office.3651@st-peters.oxon.sch.uk) Tel: 01865 880443

Website: [www.st-peters.oxon.sch.uk](http://www.st-peters.oxon.sch.uk)

Headteacher: Mr Jon Jeffries



## Healthy Schools Policy March 2026

Personal, Social, Health Education Policy including Relationships Education and Health Education

**This policy was agreed by Governors on:**

Date:.....18<sup>th</sup> March '26.....

To be reviewed:.....September '28.....

Chair of Governors:.....Anne Armitage.....

Headteacher: .....Jon Jeffries.....

**Unlocking minds that learn, hearts that love, faith that gives.**

Everyone at St.Peter's is encouraged to embrace life with the boldness and hope of Peter, who stepped out of the boat, walked on water and achieved the impossible. Through Christian worship, values and love, helping hands are offered to support every member of our community to reach their potential.

At St Peter's we strive to be a healthy school. We encourage our children to make positive choices through educating them about nutrition, hygiene and physical wellbeing.



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## Handwashing

Good hand hygiene is essential to remove dirt, viruses and bacteria and stop the spread of infection. Adults and children must wash hands thoroughly before eating, preparing food, after using toilet and after messy and outdoor play.

- Soap is always available.
- Children in EYFS are explicitly taught why and how to wash their hands.
- All children are reminded about the importance of hand washing as needed.
- Posters showing how to wash hands are displayed in the children's toilets.
- Adults model good hand hygiene.
- Good routines are in place to ensure hand washing becomes a healthy habit.

## Food and Drink

At St Peter's we want children to grow up enjoying a healthy, balanced diet and develop positive attitudes to food. We want mealtimes to be happy times where children sit with others and chat while they eat their lunch.

Children will have a go at preparing different foods and participating in food tasting activities as they go through the school. When we bake/cook in school we plan a balance of savoury and sweet items across the year. If it is sweet then it is sent home to be consumed with a meal. We want to support our children to be healthy and help them learn about healthy choices to support them now and as they grow. The children learn about the importance of healthy choices through their curriculum work in Science, DT and PSHRE.

At St Peter's we promote healthy food choices and keep the amount of added sugar to a minimum to help prevent tooth decay. We offer a daily piece of fresh fruit/vegetable to our Early Years and Key Stage One children. If EYFS/KS1 children parents want to send in a snack in addition to this fruit/vegetable option or if KS2 children bring in a snack we encourage fruit or savoury items such breadsticks, pitta fingers, tortilla wraps, plain rice cakes, crumpets, crackers, cheese, oatcakes etc. Dried fruit, such as raisins, are only to be eaten with a meal and not given as a snack as the sugar they contain can cause tooth decay. Children are encouraged to drink water throughout the day. Children are only to drink squash or juice with a meal i.e. lunch time. Children in Early Years are also offered milk. We offer children at

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Breakfast Club and After School club a healthy, balanced menu – please see our Breakfast and After School Club policy for further information.

At St Peter's we know that food safety is vitally important and we take care with food hygiene and preparing food safely. Times when children are eating are always supervised by an adult (i.e. snack and lunch times). For children under five years staff are mindful of the following when preparing food:

- remove any stones and pips from fruit before serving
- cut small round foods, like grapes, strawberries and cherry tomatoes, lengthways and into quarters
- cut large fruits like melon, and hard fruit or vegetables like raw apple and carrot into slices instead of small chunks
- sausages should be cut into thin strips rather than chunks
- remove bones from meat or fish
- do not give whole nuts or seeds to children under five years old (we are a nut free school due to allergies)
- cut cheese into strips rather than chunks

## Lunch Boxes

We encourage parents/carers that are providing their child with a packed lunch to ensure that the lunchbox contains healthy food that will help children establish healthy eating and dental habits that are likely to continue into adulthood. This packed lunch policy forms part of promoting a whole school approach to healthy eating.

**As recommended by the DfE and NHS packed lunches should include:**

- **Fruit** - at least one portion
- **Vegetables/salad** – at least one portion
- **Protein** – one portion of meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, falafel)
- **Starchy food** one portion such as any type of bread preferably wholegrain (bread, rolls, pitta bread, chapattis, wraps), pasta, rice, couscous, noodles, potatoes or another cereal
- **Dairy** - one portion of milk, cheese, yoghurt, fromage frais or custard
- **Dried fruit** may be included as one portion of fruit but should be limited to mealtimes to prevent tooth decay

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- **Water** – fresh drinking water is available in the school hall or children can take in their own water bottles.

**We recommend using the options listed above to replace items that may be high in salt and sugar, such as the following:**

- Crisps
- Chocolate-coated biscuits, cereal bars, processed fruit bars
- Sandwich fillings with chocolate spread, honey, jam or marmalade
- Sugary soft drinks, such as squash (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value)

**We ask that children do not bring in any of the following in their lunch boxes:**

- Fizzy or energy drinks
- Chocolate bars or sweets
- Nuts - due to allergies we are a nut free school so no nut products are allowed in lunchboxes.

Lunch box ideas can be found here: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

We recognise some children may require a special diet. Whilst it may not be possible to meet the set standards, every effort should be made to ensure packed lunches are as healthy as possible.

Parents/carers should provide appropriate packed lunch containers, ideally within an insulated bag, where food items can be stored securely. To prevent bacteria from multiplying, parents are advised to include an ice pack or frozen drink/yoghurt tube or pouch to keep the food cool until lunchtime.

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## Celebrations Guidelines

At St Peter's we recognise that a birthday is a very special time for young children and we want to ensure it is celebrated in an enjoyable, healthy and tooth friendly way. We do this by wishing them a happy birthday as a class, for example in one class they sing 'Happy Birthday' to the birthday child whilst they wear the birthday hat (if they would like to!) and in another class a birthday banner is put up. We ask parents/carers not to bring in any cake or unhealthy treats to celebrate birthdays. The culminative affect this can have with a class of 30 children is great, where children could be bringing home sweets almost every week! Healthy, tooth friendly treats are welcome, such as fresh fruit that the children do not often have, for example strawberries. Non-food items are also permitted, for example stickers or a book for the class to read.

For any celebrations where we provide food or food based activities in between meals, such as when celebrating Christmas, Pancake day, Easter, Eid, Chinese New Year etc. we will ensure that the food and drink will be tooth friendly i.e. fresh fruit/vegetables and savoury items, with milk or water to drink. At occasional events such as picnics, fun days, fundraisers and fairs we will offer a range of food, drink, activities and prizes that support healthy, tooth friendly choices.

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