"Put your heart and soul into everything that you do."
Purpose. Passion. Success.

Healthier Eating

At Pattishall CE Primary School, we are committed to supporting the health, wellbeing and learning of all our pupils. We recognise that healthy eating plays an important role in children's physical development, concentration and overall readiness to learn. We also value our partnership with parents and carers in promoting positive lifelong habits.
A balanced and nutritious diet supports children to grow, stay healthy and engage fully in school life. A healthy lunch helps maintain steady energy levels and supports concentration throughout the school day.

School Meals
We recommend school meals as a simple and effective way to ensure children receive a balanced and varied diet in line with national School Food Standards.
School meals are provided in partnership with Fresh Start Catering.
Fresh Start Catering Fresh Start Catering | Delicious & Healthy School Meals | Primary School Catering shares our commitment to supporting children's wellbeing through freshly prepared, home-cooked meals each day. Their approach focuses on quality ingredients, with meals prepared fresh daily and a strong emphasis on locally sourced produce. Only a small proportion of ingredients are frozen, supporting a strong focus on freshness and nutritional value.
We are pleased to work with a provider whose values align closely with our own. We believe that when children are provided with high-quality, nutritious food, this supports their wellbeing, healthy development and positive outcomes in learning and behaviour.
School meals are available free of charge for children in Reception, Year 1 and Year 2 under the Universal Infant Free School Meals scheme. Please contact the school office for further information.

Packed Lunch Guidance
If you choose to provide a packed lunch, we ask that it reflects a balanced and healthy diet. The guidance below outlines the main food groups we encourage.
Starchy Foods (Carbohydrates)
These provide energy for learning and activity:

- Bread (wholemeal, white or wholegrain)
- Wraps, pitta, rolls or chapattis
- Pasta, rice, couscous or potatoes

Wholegrain options are encouraged where possible to support fibre intake and digestive health.

Protein Foods
These support growth and development:

- Lean meats such as chicken, turkey or ham
- Eggs (including quiche or omelette)
- Fish, including oily fish such as salmon, sardines or mackerel (ideally once per week where possible)
- Plant-based alternatives such as tofu, lentils or chickpeas

Processed meat products such as sausages, sausage rolls, pies and pastries should be included only occasionally as part of a balanced diet.

Fruit and Vegetables
These provide essential vitamins and minerals:

- Fresh fruit and vegetables
- Salad added to sandwiches
- Vegetable sticks such as cucumber, carrot or pepper
- Dried fruit as part of a meal

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We encourage at least one portion of fruit and one portion of vegetables each day.

Dairy Foods
These support bone health:

- Cheese
- Yoghurt
- Milk or fortified dairy alternatives

Lower-fat options are encouraged where appropriate.
Children under the age of five are entitled to free milk in school, and after their fifth birthday parents can choose to pay for milk through: Cool Milk – Little Sips, Big Adventures

Drinks
To support hydration and concentration, we recommend:

- Water (preferred choice)
- Milk

If fruit juice is included, it should be limited to no more than 150ml per day and ideally diluted.

Treats
A small treat may be included in a packed lunch as part of a balanced diet. We encourage moderation and suggest that high-sugar foods are not included on a daily basis.

Breaktime Snacks
We encourage healthy snacks to support children's energy levels and concentration throughout the school day.
Recommended snacks:

- Fresh fruit
- Fresh vegetables
- Fruit salad

Not permitted:

- Chocolate and chocolate-based products (including chocolate biscuits)
- Sweets
- Fizzy drinks

Some processed snack foods, including certain cereal bars, may be high in sugar or salt and should be avoided.
Fruit is provided free of charge to pupils in Reception, Year 1 and Year 2 through the Government School Fruit and Vegetable Scheme.

Food Safety and Storage
To ensure food remains safe to eat:

- Packed lunches prepared in advance should be stored in a refrigerator overnight where possible
- Insulated lunch bags with ice packs are recommended
- Cooked rice should be cooled quickly and refrigerated promptly after preparation

Allergy Awareness
Benedict's Law and Allergy Safety

From September 2026, Pattishall CE Primary School will operate in accordance with the Department for Education statutory guidance on Allergy safety in schools. The statutory requirements strengthen whole-school allergy safety, including allergy awareness and emergency-response training for staff, individual healthcare planning, access to spare adrenaline auto-injectors (AAIs), and recording and learning from serious incidents and near misses.

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Benedict's Law is reflected in this First Aid Policy through the following arrangements:

All staff will receive allergy awareness and emergency-response training, including recognition of anaphylaxis and familiarisation with adrenaline auto-injectors. From September 2026, this training will be refreshed annually.

The school will maintain a clear process for identifying pupils with allergies and ensuring appropriate Individual Healthcare Plans (IHPs) and allergy action plans are available to staff who need them.

The school will maintain in-date spare adrenaline auto-injectors (AAIs) for emergency use in accordance with the statutory guidance. Their accessibility, expiry dates and checks will be monitored.

Children's own prescribed medication is kept either with the child or with their class teacher, depending on the child's age and individual needs. The arrangements for each child are recorded in their Individual Healthcare Plan and/or relevant medical documentation.

Spare adrenaline auto-injector pens, including devices appropriate for different age groups, and emergency inhalers are kept in the school office and are readily accessible in an emergency. The school will check these devices regularly, including expiry dates, and arrange replacement when necessary.

Where anaphylaxis is suspected, adrenaline must be administered without delay in accordance with the child's individual plan and the statutory emergency-response guidance, and 999 must be called.

Allergy incidents and serious near misses will be recorded, reviewed and used to identify lessons and improve practice.

The Headteacher, is the senior leader responsible for oversight of allergy safety. Detailed arrangements are set out in the school's Allergy Safety Policy.

Allergy safety arrangements apply across the school day and to trips, visits, clubs, activities, dining and other settings where pupils may be exposed to allergens.

To protect children with severe allergies, **nuts and nut products (including peanut butter and chocolate spreads containing nuts)** are not permitted in school.

In some cases, additional restrictions may apply in specific areas of the school in line with individual risk assessments. Where this is necessary, parents will be informed.

Healthy Eating at Home
We encourage families to involve children in preparing their lunches where possible. This can help children develop positive attitudes towards food and healthy eating.
Small, gradual changes—such as increasing fruit and vegetable intake or choosing wholegrain options—can make a meaningful difference over time.

Further Information
Helpful guidance on healthy eating can be found at:

- NHS Live Well: https://www.nhs.uk/live-well/eat-well/
- British Nutrition Foundation: https://www.nutrition.org.uk/

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- Food Standards Agency: https://www.food.gov.uk/

Partnership
We greatly appreciate your continued support in promoting healthy eating. By working together, we can help ensure that all children are well-nourished, healthy and ready to achieve their very best at school.