



Wednesday 2nd April 2025

## School Food Policy Letter

Dear Parents / Carers,

We are sharing this letter as a reminder on the school's approach to food and drink - we are conscious this was last shared some time ago and therefore, now is a good time to remind the school community of expectations. .

### Health

At Roxbourne Primary School, we are committed to giving all of 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. This extends to the food we provide in school, and the food we expect pupils to eat while in school.

The aims and objectives of our Food Policy are as follows:

- 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

The policy covers all food and drink eaten while pupils are at school, including both that provided by Roxbourne as well as that provided by families for pupils to consume at school.

Some of the key points for parents to note are summarised below. You can read the full policy by clicking [here](#).

### Birthdays and Other Celebrations

To help us promote healthy eating, as well as to help us maintain our responsibilities with regards to pupil allergies and other dietary requirements, we ask that parents do not send birthday cake or other food items in with pupils to share with their classmates on their birthdays or other special occasions.

If you would like to share something with your child's class on their birthday, we ask that you share non-food items, such as stationery, small toys or donate a book (perhaps your child's favourite book) to our school library (we can arrange for a book donation label to be added to the inside cover of the book).

### Pre and Post School Snacks

We know that children can be hungry after school. If you would like to provide your child with a snack as they walk to or from school, we ask that this consist of fruit and vegetables only. Unhealthy snacks such as chocolate bars, chewing gum or crisps are not permitted on the school grounds.

### A Water Only School (and Milk in Nursery and Reception)

At Roxbourne, we follow the Mayor Of London's initiative "[Water Only School](#)".

By adopting a water-only policy, whereby water and low-fat plain milk are the only drinks available at our school, we are taking a positive step towards improving the health and behaviour of our pupils. Sugar-sweetened beverages contribute to childhood obesity, type-2 diabetes, and tooth decay.

To help us achieve this aim, we ask the following of parents:

- Please only put plain water in pupils' water bottles. Squash, flavoured waters, fruit juices, or other drinks are not permitted.
- Where pupils bring in a packed lunch, please do not include any additional drinks in the lunch box. This includes smoothies and fruit juices.

### **Morning Break Snack**

The government's [School Fruit and Vegetable Scheme](#) entitles all children in Nursery, Reception, Yr 1 and Yr 2 to one piece of fruit and / or vegetable per day. This healthy snack is provided to all of our Nursery, Reception, Yr 1 and Yr 2 pupils.

We believe it is important for all pupils to maintain this healthy habit, and so we invite our Yr 3, Yr 4, Yr 5 and Yr 6 pupils to bring in their own fruit or vegetables to eat during morning break.

### **Packed Lunches in Nursery, Yr 3, Yr 4, Yr 5 and Yr 6**

If you decide to opt for packed lunches for your child, we ask that you ensure these lunches provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

Every day, a balanced child's lunchbox should include:

- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals
- dairy food such as milk, cheese, yoghurt, fromage frais or custard
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel)
- At least one portion of vegetables

Packed lunches should not include:

- Crisps
- Chocolate bars and sweets
- Cakes and biscuits
- Nuts
- Fast and deep fried foods: pizza, chicken nuggets, chips etc.

### **Food and Drink that is not permitted in this Policy**

If your child brings in any items to school that are not permitted in this policy, these will be sensitively removed, returned at dismissal and you will be sent an email letting you know. In the meantime, your child will be offered an alternative, free of charge, to ensure they do not go hungry during the day.

### **For more Information**

Once again, if you would like to read the policy in full, please click [here](#). If you have any questions, please contact the School Office.

Many thanks for your continued support (particularly as we move a potential sensitive part of our school further forward).

Many thanks,

Mr Benserghin  
Headteacher