



King's Cross Academy

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Healthy Eating and Food Policy

Ratification and Monitoring

Ratified date:	September 2025
Review date:	September 2028
Website?	YES
Policy drive?	YES
Master Policy S/S	YES

Approval

Headteacher	Stephen Mitchell	21 st October 2025
Chair of Quality of Education Committee	Allan Atlee	21 st October 2025

Internal Monitoring

Stephen Mitchell	Headteacher	September 2025
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Statement

King's Cross Academy is committed to safeguarding and promoting the welfare of its pupils. We believe all staff and visitors have an important and unique role to play in the protection of children.

At King's Cross Academy, we are dedicated to providing an environment that promotes healthy food and eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The policy is on the website and is communicated to the entire school community through the school website. It is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school during the day and our partners that share our school premises.

The nutritional principles of this policy are based on current evidence-based findings; and the 'Eatwell Plate' is the agreed model for ensuring a healthy balanced diet.

The Eatwell Guide - NHS

www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material

We consider all elements of our work to ensure that we promote health awareness to all members of the school community. We provide valuable role models to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims and Objectives

- To encourage all children to be responsible for their own health and choices.
- To contribute to the healthy physical development of all members of our school community.
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To ensure that we are giving consistent messages about food and healthFood Across the Curriculum

In EYFS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as preparing and cooking food.

It is essential that nutrition education is embedded in the curriculum and there is consistency across different subjects- Science, PSHE, PE, DT and that it remains consistent with the whole school food policy.

Every year group, children will complete a cookery unit – which is part of the DT curriculum - which will always include aspects of health and nutrition. In PSHE children learn about a healthy diet. In PE the children look at how to stay healthy and the importance of a healthy lifestyle. They move onto looking at how food plays an active part in this. In Science children look at the different food groups and the amounts of each we need to eat.

School and food provision throughout the school day

Breakfast club

Operates on a daily basis in the school for all children. This is supported by Magic Breakfast. The food offered is healthy and is consistent with a healthy diet. We provide toast, bagels and a range of low sugar cereals.

Snacks

The school participates in the Government initiative to provide all foundation and Key Stage 1 children with free fruit and vegetables during the day. All children are encouraged to bring fruit to school – only healthy snacks are allowed. **We do not permit anything other than fruit or vegetables during snack times at break, and we ask that parents not to provide children with crisps or large food items for morning or afternoon break.**

School lunches and packed lunches

All our school meals are provided by our in house catering team. Children are provided with a choice of meals including a hot, cold, vegetarian and salad option, all of which pay regard to nutritional balance and healthy options. This includes the use of fresh fruit and vegetables each day as a choice for the children.

Many children bring packed lunch to school. We have guidance on what children should include for a healthy and balanced packed lunch. All children have access to water at lunch time.

King's Cross Academy is a **nut-free school**. For the safety of pupils with severe allergies, no nuts or nut products are permitted in packed lunches or any food brought into school. Parents and carers must check packaging carefully to ensure that food sent in does not contain nuts.

The school regularly monitors the contents of lunch boxes and helps children to make informed choices about what is healthy / less healthy to eat.

Use of food as a reward/birthdays and special occasions

King's Cross Academy cannot take responsibility for snacks and cakes which are supplied for pupils' birthdays. Where parents wish to distribute these, we ask that they do so in the playground, after school, directly to other children and families. King's Cross Academy will not hand out snacks or cakes from home during the school day.

Water only school

Water is freely available throughout the school day to all members of the school community. Every child is reminded to bring in a bottle to store their water in. Children may drink their water at any time. We do not allow fizzy juice at King's Cross Academy.

SEND and Sensory Needs

At King's Cross Academy, we recognise that some pupils with Special Educational Needs and Disabilities (SEND), including those with sensory processing needs, may find aspects of food choice and consistency particularly challenging. In these circumstances, parents and carers are encouraged to contact the school SENDCo to discuss any individual requirements.

Bespoke arrangements can then be agreed, ensuring that pupils' needs are met sensitively while maintaining the principles of our whole school food policy.