

# WALTHAMSTOW MONTESSORI SCHOOL

## Food Policy

At WMS, we recognise the importance of ensuring that every child has access to a healthy and well-balanced diet, supporting them in leading a healthy lifestyle. We also recognise the link between a healthy diet and children's ability to learn.

We comply fully with all necessary food hygiene regulations for preparing, storing and serving food on the premises. We are inspected by the food hygiene agency and awarded a star rating. We were last inspected in November 2024.

### Aim

To provide a whole school approach to food and healthy eating and to improve the health and well-being of children and the whole school community.

### Objectives

- To support pupils to make healthy food choices in order to establish healthy eating habits during their primary school years.
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.

### Breakfast Club and After School Club and Snacks

We are committed to the provision of a wide range of well balanced and healthy foods. We ensure all food is compliant with the School Food Standards and this is monitored regularly. All food is sourced from Sainsbury's Supermarket.

### Drinks

The school does not allow fizzy drinks or fruit squashes. Children have access to fresh water at all times and are encouraged to drink plenty of water throughout the day.

### Packed Lunches

We encourage parents to provide healthy packed lunches for their children and give guidance to parents/carers before their children start at WMS). Unhealthy snacks

such as sweets and chocolate are not permitted. Nuts and nut products are also not permitted. All wastage will be sent home to help parents monitor their child's eating.

### **Dining Environment**

School lunches are eaten in the classrooms once morning activities have been cleared away. Lunchtime starts at Approximately 11.45. Teachers encourage the children to show good manners; they are expected to use quiet, polite voices while sitting down to ensure a pleasant atmosphere in which to eat and socialise.

### **Cultural and Special Diets**

The school tries to accommodate all the children's dietary requirements including allergies, intolerances, religious or cultural requirements. Parents/carers are asked to provide details of food allergies or medical diets to ensure the safety of pupils.

### **Special Occasions, Rewards and School Events**

Our standards of healthy eating are reflected in all aspects of the usual school day. When tangible rewards are given to pupils in school these are not food based. On special events and celebrations, we aim to provide healthy food choices and limit less healthy options.

We understand and recognise the importance of celebrating birthdays in school. Each child takes part in a Birthday Walk celebration. Guidance for parents/carers is available on the school website and we ask that 'sweet' treats are saved for the child's special celebrations at home.

### **Food Education and the Curriculum**

Our school delivers healthy eating food education through topic work and books. We do lots of cooking and baking with the children, choosing healthy recipes. We grow some vegetables and herbs in the gardens with the children.

### **Safeguarding and Eating at school**

Qualified PFA-trained members of staff will be present whenever children are eating. This allows them to react quickly in the case of choking or allergic reactions. It also enables them to watch for children swapping their food, which is especially dangerous for children with allergies and intolerances. Children with known allergies and intolerances will sit at a separate table.

We follow the safer eating guidance covering food allergies and choking prevention. We do not allow grapes and tomatoes to be included in packed lunches.

Staff received refresher training on how to deal with a choking incident during the September 2025 Staff Inset Day. This training was delivered by our Principal, Lorna Mahoney, who is a qualified First Aid Trainer.

[New EYFS Nutrition Guidance](#)

[See guidance here about food choking hazards.](#)

Date last reviewed: 12<sup>th</sup> September 2025

Date to be reviewed: 12<sup>th</sup> September 2026