



Nutrition and Lunchtime Wellbeing Policy

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Purpose and Ethos

At Franciscan Primary School, we recognise that food is fundamental to health, wellbeing, learning and belonging.

Our approach is grounded in relational practice:

- We work with families, not in judgement
- We recognise diverse cultural, financial and lived experiences
- We support children to develop positive, lifelong relationships with food

This policy ensures that all pupils have access to nutritious, balanced meals within a calm, inclusive and respectful lunchtime environment.

Aims

We aim to:

- Promote healthy, balanced nutrition to support learning, behaviour and wellbeing
- Ensure equitable access to nutritious food for all pupils
- Foster a calm, safe and stigma-free lunchtime environment rooted in relational practice

School Meals (Including Universal Provision)

We are committed to ensuring all pupils can access high-quality, nutritious school meals.

- Meals meet School Food Standards
- Menus are balanced, varied and inclusive of dietary needs
- We promote uptake of:
 - Universal Infant Free School Meals (UIFSM)
 - Free School Meals (FSM) for eligible families

We actively:

- Encourage all families to take up their entitlement
- Support families to apply for FSM where eligible
- Ensure no child is identified or stigmatised based on meal type

Packed Lunch Guidance

We recognise that some families choose to provide packed lunches. We ask that these reflect a balanced and nutritious approach.

We encourage:

- A main carbohydrate (e.g. sandwich, wrap, rice, pasta)
- A protein source (e.g. chicken, tuna, egg, cheese, beans)
- Fruit and/or vegetables
- A dairy item or alternative
- Water as the main drink

We discourage fizzy or energy drinks, sweets as the main component, and large quantities of highly processed foods, while recognising that individual medical or dietary needs may require flexibility and will always be supported.

Relational approach:

- No child will be singled out or made to feel uncomfortable
- Staff will support through gentle guidance and conversation where needed

Inclusion and Cultural Respect

We value and celebrate the diversity of our community.

- Cultural and traditional foods are welcomed and respected
- Guidance is applied with flexibility and understanding
- We avoid one-size-fits-all expectations
- If you would like any support with nutrition, please speak to us; we are here to help in a respectful and non-judgemental way

Lunchtime Environment

We aim to create a lunchtime experience that reflects our values of kindness, safety and belonging. This includes:

- A calm, well-organised dining space
- Opportunities for social interaction and conversation
- Adequate time to eat comfortably
- Support from staff who model positive, respectful behaviour

Supporting Healthy Relationships with Food

We prioritise children's emotional and psychological relationship with food as part of their overall wellbeing.

We:

- Encourage balance and moderation
- Avoid labelling food as "good" or "bad"
- Do not use food as a reward or sanction
- Support independence and confidence

At times, food may be used within routines or relational support to help children settle, regulate and reconnect. This is done in a restorative, non-conditional way, supporting wellbeing and belonging.

Our partnership with Magic Breakfast ensures all children have access to a calm, nutritious start to the day, supporting readiness to learn.

This is reinforced through our curriculum offer (PSHE, Science and Early Years), where children learn about healthy lifestyles and develop positive, informed relationships with food.

We work in partnership with families by sharing clear, accessible guidance and practical support, while communicating with empathy and respect. We also offer support where there may be barriers, ensuring all families feel included and supported.

Nutritious Meals Statement

At Franciscan Primary School, we believe that every child deserves access to nutritious, balanced meals that support their growth, wellbeing and ability to learn.

We are committed to:

- Providing high-quality school meals that meet national standards
- Promoting and maximising uptake of Universal Infant Free School Meals and Free School Meals
- Ensuring all children can eat in a dignified, inclusive and stigma-free environment
- Supporting families to access entitlements and make informed, manageable choices
- Recognising that nutrition is a shared responsibility, approached with care and understanding

Food is central to our commitment that every child feels safe, valued and ready to thrive.

Version	Date Reviewed	Reviewed By	Summary of Changes	Next Review Date
1.0	January 2026	Headteacher	Initial policy created	January 2027