



Healthy Schools Policy

Veryan C of E School

Last reviewed:	September 2026
Reviewed by:	Rebecca Jane (Acting Headteacher)
Next review due:	September 2027

This policy is compliant with the Allergy Safety in Schools statutory guidance published July 2026. It has been written and reviewed by the team at Anaphylaxis UK who have worked with the Department for Education on creating the Allergy Safety in Schools statutory guidance.

At **Veryan C of E School**, we are committed to promoting the health, wellbeing and safety of every child. We believe that healthy eating, physical activity and positive wellbeing are essential foundations for successful learning and lifelong health.

As an allergy-aware school, we recognise that food allergies can be life-threatening. We are committed to creating a culture of awareness, vigilance and inclusion that reduces risk whilst ensuring that children with allergies can participate fully and safely in all aspects of school life.

This policy supports:

- Healthy eating and nutrition
- Physical wellbeing
- Mental health and wellbeing
- Allergy awareness and risk management
- The School Food Standards
- National allergy guidance for schools
- Partnership working with families

Aims

We aim to:

- Promote healthy food choices and healthy lifestyles.
- Support children to make informed choices about food and nutrition.
- Provide a safe environment for pupils with food allergies and intolerances.
- Increase allergy awareness amongst pupils, staff and families.
- Reduce the risk of accidental allergen exposure.
- Ensure effective procedures are in place to manage allergic reactions and emergencies.
- Promote inclusion so that children with allergies can fully participate in school activities.

Allergy-Aware School

Whilst it is impossible to guarantee a completely allergen-free environment, we take all reasonable steps to minimise risk.

The School Will:

- Maintain Individual Healthcare Plans where required.
- Ensure staff are aware of children with allergies.
- Clearly identify pupils at risk of anaphylaxis.
- Ensure emergency medication is readily accessible.
- Provide regular allergy and anaphylaxis awareness training.
- Complete risk assessments for trips, clubs and events.
- Encourage good handwashing practices.
- Promote a culture of allergy awareness and respect.

(For further information, please see the school's allergies policy)

Food Restrictions

To reduce risk:

- No products containing nuts should be brought into school.
- Parents must inform the school of any diagnosed allergies.
- Food should not be shared between children.
- Homemade food for sharing should not be brought into school unless agreed in advance.
- Staff must check ingredients carefully before providing food during curriculum activities.

Morning Breaktime Snacks

To promote healthy eating and simplify allergy management, children may bring **fresh fruit only** for morning break.

Examples include:

- Apples
- Pears
- Bananas
- Easy peel citrus fruits
- Grapes (halved lengthways where appropriate)
- Strawberries
- Blueberries
- Melon
- Peach slices
- Plums
- Kiwi fruit
- Pineapple

Children in EYFS and Key Stage 1 may also receive fruit through the School Fruit and Vegetable Scheme. No other snacks should be brought for morning break.

Healthy Packed Lunches

At Veryan C of E School, we aim to ensure that school lunches provide students with healthy, nutritious food that is in accordance with the School Foods Standards. More information about this can be found at https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school_food-standards-practical-guide

Packed lunches may include:

Main Item

- Sandwiches
- Wraps
- Pitta pockets
- Pasta
- Rice dishes

Fruit and Vegetables

At least one portion of fruit or vegetables should be included daily.

Protein

Examples:

- Chicken
- Tuna
- Egg
- Cheese
- Beans
- Hummus (where appropriate for allergy management)

Drinks

- Water
- Milk
- Sugar-free squash

Food in the Curriculum

The promotion of healthy eating, cooking and nutrition is delivered via the school curriculum at Veryan and examples of this can be found in the following curriculum areas:

Through Science, children are provided an opportunity to learn about different types of food that are available, their nutritional composition, digestion and the function of different vitamins, minerals and nutrients in contributing to health. Children will also learn how the body responds to exercise.

Through Food Technology, as part of Design and Technology curriculum, children are provided the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food. This includes the preparation and cooking of food.

Through PSHE, children are encouraged to take responsibility for their own health and well-being, teaching them how to develop and maintain a healthy lifestyle.

Through Physical Education, children are provided with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking to school.

Monitoring and Review

This policy will be reviewed every two years, or sooner if national guidance changes or following any allergy-related incident.