

# Healthy Food Policy



## The Inspire Multi Academy Trust (South West)

March 2026









## TIMAT Healthy Food Policy

### **Introduction**

TIMAT wants to promote the health and well-being of all our school communities through all aspects of food and drink, physical activity and positive emotional health. All the principles within this policy apply to both adults and pupils. All members within our Trust (teaching and non-teaching staff, Parents/Carers, pupils and governors) work towards the Trust's aims, but the overall responsibility for the policy is with the SMSC/PSHE/RSE Leaders, the PE Leaders and the Headteachers.











### **Policy Objectives**

#### **To promote a school ethos and environment which encourages a healthy lifestyle**












-  Our explicit values underpinning positive emotional health and resilience are reflected in our Trusts Aims and Values
-  Classes feed into the Pupil Parliament to give children a voice in how to make their school healthy.
-  Our school grounds include shaded areas for sun safety
-  Staff take part in quality professional development including First Aid, Safeguarding, Child Protection, PSHE and PE
-  A positive learning environment is created through systems as set out in our Behaviour Policy
-  There is an active partnership with the school nurse who works with individuals and the whole school to promote healthy lifestyles as well as supporting parents and the wider community

#### **To use the full capacity and flexibility of the curriculum to achieve a healthy lifestyle**






Food, drink and physical activity within a Healthy Lifestyle is incorporated across the curriculum through Long Term, Medium Term and Weekly Planning. This includes:

-  Food Technology (as part of Design and Technology) provides the opportunity to learn where food comes from and apply healthy eating messages through practical work with food including preparation and cooking
-  Science provides an opportunity to learn about the effects of physical activity has on our bodies and also the effects of a balanced diet
-  PSHE encourages young people to take responsibility for their own health and well-being and teaches them how to develop a healthy lifestyle
-  Physical Education provides children with the opportunity to develop physically, mentally, socially and creatively and understand its practical impact
-  Maths enables children to understand nutritional information as well as calculating, weighing and measuring
-  Geography allows children to learn about physical activity opportunities in the local environment. It also encourages children to look at the changing environment
-  The children in Year 5 take part in the 'Mini-Police' pedestrian training scheme
-  The children in Year 5 take part in 'Bikeability' to promote active routes to school
-  Children in Years 3, 5 and 6 take part in regular swimming lessons
-  In Early Years, the children begin to learn about a healthy lifestyle through adult directed and independent activities

### **To ensure the food and drink available across the school day reinforces the healthy lifestyle message**

-  Children have access to drinking water at all times and are encouraged to bring refillable water bottles to school to allow them to drink water at all times in and out of the classroom
-  Our school has easily accessible toilets and regular toilet breaks
-  The school discourages sweets/crisps/chocolate for packed lunches, break times and the sharing of sweets for children's birthdays
-  Children in the Early Years and KS1 have fruit available during morning break time and all are encouraged to have some each day. Milk is provided for children in the Early Years.
-  A special healthy menu from our school lunch providers, CaterEd, has been put in place for lunch time
-  Healthy choices are encouraged and supervised at school lunch times.
-  We work closely with CaterEd to encourage children to try a variety of different fruit and vegetables through the 'Eat Them to Defeat Them' project as well as on a daily basis
-  Lunch boxes are checked to ensure enough food has been eaten
-  Children are shown how to make healthy meals through food technology lessons
-  For special events such as class parties, festivals, fetes and fairs staff and Parents/Carers are requested to ensure that a variety of food choices are available, keeping in mind the Healthy School Policy.
-  The Breakfast Club has had significant investment to improve the foods on offer that promote a healthy start to the day for pupils.

### **To provide quality physical education and school sport, and promote physical activity as part of a lifelong healthy learning**

-  Active play equipment is provided for all ages at break times and lunchtimes including three specialist areas – this is introduced and modelled in assembly
-  Teaching and Learning Assistants & Playworkers have received training to help encourage interactive play
-  All children have one session of PE each week, following the Get Set 4 PE scheme
-  The children in Year 3 and Year 5 have a term and a half of swimming lessons each year. The children in Key stage 2 are given the opportunity to take part in local sporting competitions
-  Early Years children have activities planned every week that focuses on their physical development, as well as access to resources through continuous provision to support the development of both their fine and gross motor skills.