



**Kildrum
Primary School**

Food in School Policy

Building life-long healthy eating habits.

Introduction

Kildrum Primary School is committed to supporting the health and wellbeing of every child. Food plays a vital role in children's learning, development, and overall wellbeing. This policy sets out our whole-school approach to food provision, healthy eating, and food education, ensuring consistency across the school day.

Policy Rationale

This policy is informed by:

- How Good Is Our School? (HGIOS4)
- The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2020)
- Better Eating, Better Learning (Scottish Government)
- Curriculum for Excellence - Health and Wellbeing
- United Nations Convention on the Rights of the Child (UNCRC)

Aims

This policy aims to:

- Promote healthy eating and positive attitudes to food
- Ensure all food and drink meet Scottish nutritional standards
- Support children to make informed, confident food choices
- Provide a consistent approach to food across learning and social times
- Work in partnership with families and community partners
- Promote equity, sustainability, and reduced food waste

Our School Values

At Kildrum Primary, our shared values guide every interaction and decision:



Respect: We are kind and listen to everyone. We care for ourselves, our school and the world.



Learning: We are curious and try our best, so we can discover new things.



Responsibility: We are accountable for our actions and our choices. We look after ourselves, others, and our planet.



Nurture: We are caring and supportive of each other, creating a safe and happy place where everyone feels valued.



Creativity: We are imaginative and explore new ideas, allowing our unique talents to shine.



Inclusion: We are a team where everyone belongs.

These values were agreed in consultation with pupils, parents/carers, staff and partner agencies and are embedded in our curriculum, relationships, and everyday routines.



*Created: June 2025
Last Review: June 2026
Next Review: June 2027*

Food Education

At Kildrum Primary, we recognise food education as an essential part of children's health, wellbeing, and lifelong learning. In line with Curriculum for Excellence and North Lanarkshire Council guidance, we ensure that:

- Food education is embedded across Health and Wellbeing, Sciences, Social Studies, and Technologies.
- Children learn about:
 - Healthy eating and balanced diets
 - Where food comes from
 - Sustainability and environmental impact
 - Food preparation and hygiene
- Practical experiences are provided wherever possible, including:
 - Cooking and tasting sessions
 - Growing food in school grounds or planters
 - Visits from local food producers or community partners
- Learning is progressive from P1-P7 and supports children to make informed, confident choices about food.

Food Provision - School

We are committed to providing food and drink that meets the Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2020 and North Lanarkshire Council catering standards.

Our approach includes:

- Balanced, nutritious school lunches prepared by NLC catering services, offering:
 - Daily fruit and vegetables
 - Wholegrains
 - Reduced sugar, salt, and saturated fat
 - A vegetarian option every day
- Free school meals for all P1-5 pupils and eligible P6/7 pupils.
- Breakfast provision, free for all Primary 1-5 pupils and eligible Primary 6/7 pupils

Food Provision - Parents/Carers and Clubs

- Parents/carers are encouraged to supply their child with a filled water bottle each day. This can be re-filled, by the pupils, using school water fountains.
- Parents/carers are discouraged from providing confectionery or high-sugar/fat foods for snacks or packed lunches
- Packed lunch guidance is shared with families to support healthy choices.
- All food provided during after school clubs is restricted to water and fruit, except in exceptional circumstances.

Food Experiences

We aim to create positive, enjoyable, and inclusive food experiences for all children. This includes:

- A dining environment that encourages social interaction and enjoyment by allowing children to sit with their friends.
- A separate lunchtime provision where some children can eat lunch in a quieter environment in order to meet their wellbeing needs.
- Opportunities for pupils to:
 - Try new foods
 - Give feedback on menus
 - Participate in pupil voice groups such as the Eco Crew or Health Crew
 - Celebrations and themed days that promote cultural diversity and healthy eating.
- Encouraging independence, such as:
 - Carrying their own trays
 - Learning to pour drinks
 - Disposing of their waste
 - Making choices confidently

Allergies and Intolerances

We take allergies and intolerances extremely seriously and follow North Lanarkshire Council's procedures to ensure pupil safety.

- Any child with special dietary requirements will be provided with food catering to their needs following the NLC procedures. This involves the family filling in appropriate forms which are submitted to Community Dietician who will advise our catering team of the adaptations required.
- All teaching staff have access to information about individual children's medical conditions and food allergies/intolerances.
- Where necessary, Health Care Plans are completed by parents/carers. These are stored in class GIRFEC folders and on the SEEMiS Wellbeing app.
- Catering staff receive up-to-date information on pupils with dietary needs and follow strict protocols to avoid cross-contamination and purple lunch bands are worn by children who have a specific need.
- Vegetarian choices are available at lunchtime as part of the school meal service.
- Children, staff and visitors are asked not to bring nut products into the premises. This includes nuts in any form, nut-based products such as Nutella type spreads and sweets/cereals containing nuts.
- Children with allergies are included fully in all food-related activities, with safe alternatives provided where necessary.
- Where necessary, epi-pens are stored at the main office and in the child's classroom, in an unlocked drawer/cupboard.

Annual Improvement Plan (AIP):

We aim to foster a healthy, confident, and positive relationship with food for every child. We do this by:

- Promoting food as a source of nourishment, enjoyment, and social connection.
- Encouraging children to try new foods without pressure.
- Using positive language around food and avoiding judgement of individual choices.
- Celebrating diversity in food cultures and family traditions.
- Modelling healthy attitudes through staff behaviour and whole-school ethos.
- Working in partnership with families to reinforce consistent messages about healthy eating.

These indicators support specific aspects of food in school:

QI	Title	Why It Matters
2.2	Curriculum	Food education sits within Health and Wellbeing and Technologies. A well-designed curriculum ensures progression in food skills, nutrition knowledge, sustainability, and practical experiences such as cooking and growing.
2.3	Learning, teaching and assessment	Ensures high-quality teaching in food education and meaningful assessment of skills such as food preparation, hygiene, and understanding of healthy eating.
2.4	Personalised Support	Allergies, intolerances, cultural diets, and medical needs require tailored support. This QI ensures that every child can participate safely and fully in food-related activities and school meals.
2.5	Family Learning	Healthy eating habits are strengthened when schools work with families. This QI supports communication about packed lunches, allergy management, and shared approaches to food education.
2.7	Partnerships	Links with catering services, local growers, community groups, and health professionals enhance food experiences and support allergy management.
3.1	Ensuring wellbeing, equality and inclusion	This is the most central QI for a Food in School Policy. It covers: • Safe food environments • Allergy and intolerance procedures • Positive dining experiences • Inclusion in food activities • Respect for cultural and dietary needs • Promoting healthy relationships with food It ensures that food contributes to children’s wellbeing and sense of belonging.
3.2	Raising attainment and achievement	Good nutrition supports concentration, behaviour, and learning. Food education also builds practical skills, confidence, and achievements beyond academic attainment.
3.3	Increasing creativity and employability	Food-related learning – cooking, gardening, sustainability projects – develops creativity, problem-solving, teamwork, and early skills linked to hospitality, STEM, and environmental careers.

These articles support pupil rights in relation to food in our school.

Article	Theme
2	Non-discrimination
3	Best interests of the child
5	Parental guidance
6	Life, survival and development
12	Respect for the views of the child
19	Protection from harm
23	Children with disabilities
24	Health and health services
27	Adequate standard of living
28	Right to education
29	Goals of education

Monitoring, Evaluation and Review

Monitoring and Evaluation

Within the school we monitor 'food in school' in the following ways:

- Members of the Senior Leadership Team monitor school meals and liaise with the catering staff when required.
- Long and medium term plans are monitored to ensure healthy eating is covered in the curriculum and a minimum of one food preparation activity is taught each academic year.
- The Senior Leadership Team build healthy eating choices into assemblies to provide a whole school message.

Review Cycle

This policy will be reviewed annually in August.

Updates will reflect new national and local guidance.

