



Dens Road Primary School

Healthy Eating

Policy

2025



24 I have the right to good quality health care, to clean water and good food



27 I have the right to have a proper house, food and clothing



3 Adults must do what's best for me

Aims

The Healthy Eating in Schools Regulations 2020 asserts the pivotal role that educational settings have in supporting healthy dietary choices from an early age.

“The health and wellbeing of everyone in Scotland is of paramount importance and the promotion of healthier eating is a key factor in achieving our ambitions for a healthier Scotland. Our whole setting approach to health and wellbeing ensures that our children and young people are given the right facts and information on the importance of making positive food and drink choices as they develop and grow. Of equal importance is that these messages are reinforced through the provision of balanced and nutritious food and drink as part of their school day. Not just at lunchtime but across the whole school day.”

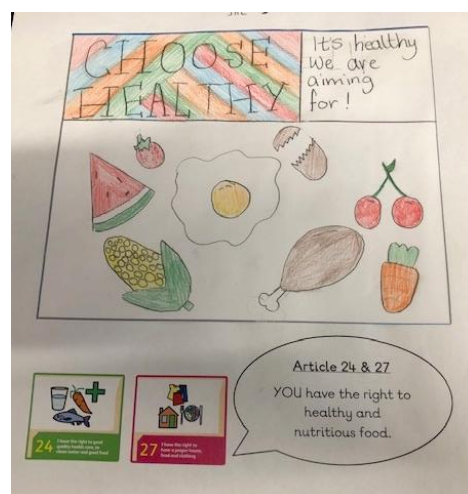
John Swinney, current First Minister and former Cabinet Secretary for Education and Skills (2020)

What children eat today shapes how they'll eat for the rest of their lives... Through our evidence gathering and focus groups, we have identified that many pupils are coming to school with unhealthy snacks and packed lunch choices. When children eat better- they're in better shape to reach their full potential and achieve, being the best they can be.

This policy covers all food provided and consumed in school, on school trips and in extra-curricular events.

We believe that the school, in partnership with our community, can improve children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

We aim to ensure that healthier food and drink is provided at all times of day. We aim to reflect on nutrition and healthy eating messages in our curriculum and everyday experiences.



This policy explains:

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- Our approach to improving pupils' health through healthy eating.

We aim to:

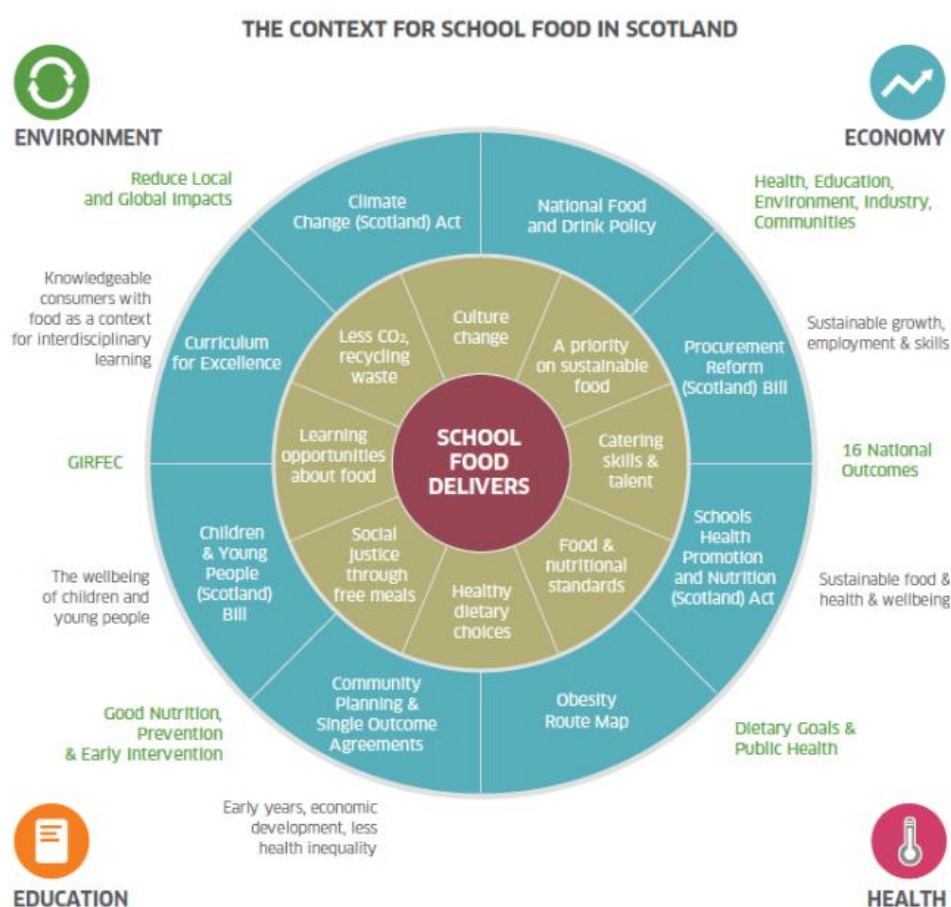
- Increase knowledge and awareness of a healthy diet through our curriculum.
- Provide safe, tasty, and nutritious food that promotes health.
- Enable all pupils to have a healthy school meal.
- Make healthy eating enjoyable and the norm.
- Provide safe, easily accessible water during the school day.
- Promote healthy eating/healthy food choices and discourage unhealthy eating/unhealthy food choices.
- Monitor healthy choices, including packed lunches.

Food in the Curriculum

Food, its production and preparation is an important part of the curriculum for all pupils, and is taught across different contexts. We ensure that pupils are taught cooking in all classes in line with Curriculum for Excellence guidelines, developing their understanding in food related issues including food hygiene and safety issues.

All food preparation is healthy. Food Tasting will be a part of the curriculum experience for all pupils exposing them to new and varied food choices.

Curriculum inputs (days with a difference e.g. Burns Day, St Andrews Day, Eid, Halloween and Christmas) are exempt from this guidance.



School Lunches

All our school meals are provided by Tayside Contracts. A copy of the weekly menu is available online and through the online portal [Publications \(tayside-contracts.co.uk\)](https://publications.tayside-contracts.co.uk). All pupils in P1 – P5 can access free school meals alongside pupils in P6 & P7 who are entitled to them. The menu is also available via the School Office if required. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, we encourage all parents to take free school meals, where there is an entitlement.

A link to free school lunches and applications: [School Meals | Dundee City Council](#)

Tayside Contracts have put a short video together to provide an overview of the regulations for Primary Schools meal choices: <https://youtu.be/mkFERioJy-s?si=tmmSLICW22c3H92I>

Packed Lunches

All packed lunches provided from home should provide pupils with a balance of healthy and nutritious food based on the Eatwell Guide.

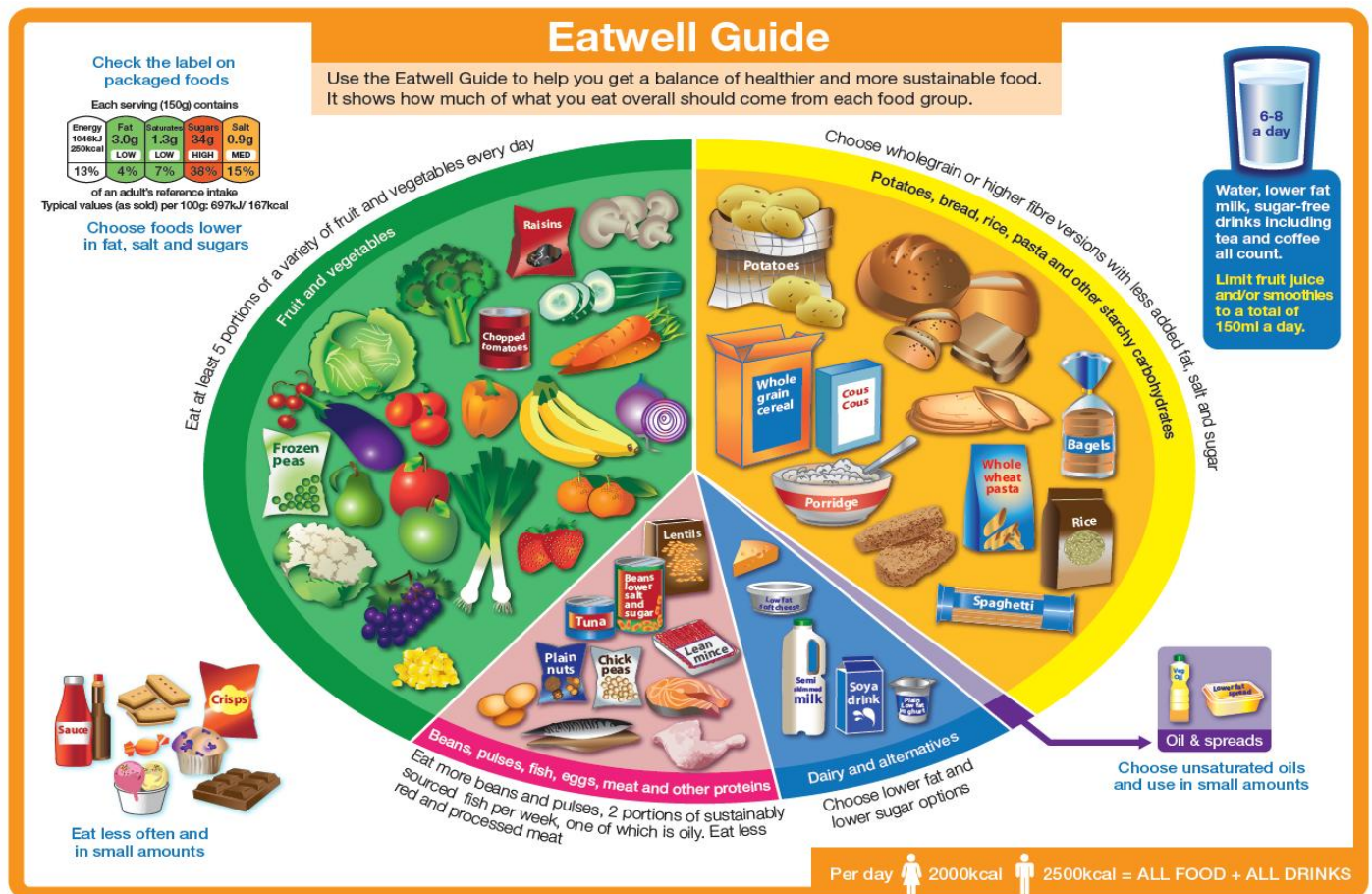
Packed lunches **should not** include:

- Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum.
- Fizzy, sugary or energy drinks.

If pupils come to school with any of these items, they will be offered a healthier choice and other items will remain in their lunch boxes home to take home at the end of the day.

Healthy Packed Lunch Guidance (DCC & NHS Scotland) [Food & Health Support Pack \(padlet.com\)](https://www.padlet.com)

Healthy Snack Policy



Only healthy snacks are permitted at break and lunch times.

Healthy snacks and drinks **should not** include:

- Fizzy drinks/Energy drinks
- Sweets/ Lollipops
- Biscuits and Chocolate type snacks

Foods that can be provided if specific criteria are met:

- Dried fruit (with no added sugar or salt).

Only **savoury snacks** that have reduced amounts of fat, saturated fat, sodium and sugar and in a pack size no more than 25 grams (regular sized bags) are allowed.

This includes for example: crisps, crisp-like products, pretzels, salted or sweetened popcorn, rice crackers, cream crackers, oatcakes and bread sticks.

This is something which has been in place at Dens Road for many years now and is very successful.

Parents and carers are encouraged to provide a healthy and nutritious snack. Where this is not possible the school will provide breadsticks, crisps or if available, fruit or vegetables free of charge.

Healthy Snack Options

Through local partnerships with Scotmid and Asda, alongside the dedicated work of our School and Family Development Worker, Denise Gormley – we organise free healthy snacks such as breadsticks and fruit when available. If your child brings a snack which is not in line with our healthy eating policy, we will ask them to save it for home instead and provide them with a healthy alternative.

Partnership with parents and carers

We inform and involve parents and carers about healthy eating through the School Website, Seesaw and our SWAY Newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Parents and carers are updated on our policies through these platforms.

We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water, low sugar juices or milk to be consumed during lunch time.

Birthdays - We understand birthdays are an important occasion, however we are unable to allow birthday cakes/cookies to be brought in to school. This is not just due to our policy, but to ensure there are no allergies/intolerances for our pupils and staff.

Parents of children on special diets will be asked to provide as much information as possible about suitable foods and in some cases may be asked to provide the food themselves. A plan will be put in place for this individual.

Support for 'Fussy Eaters'

It can be typical for children to go through phases of 'fussy eating'. It's natural to worry whether your child is getting enough food if they refuse to eat sometimes, but it's perfectly normal for toddlers to refuse to eat or even taste new foods. If you are worried about your child's eating, this website from NHS Tayside and Occupational Therapy may support you: [NHS Tayside \(scot.nhs.uk\)](https://www.scot.nhs.uk) or [NHS Tayside \(scot.nhs.uk\)](https://www.scot.nhs.uk).

Family Learning Opportunities

The involvement of children and young people, parents, carers, and their families in supporting activity around food and health is essential to create a whole setting healthy food culture. By working together, we can develop approaches to health promotion and food education which are inclusive and reflect the diversity of our Dens Road community.

You can find the Tayside Contracts school menu recipe guide at the following link:

[Publications \(tayside-contracts.co.uk\)](http://tayside-contracts.co.uk)

Cost of the School Day

Our School and Family Development Worker, Denise, drives forward the Cost of the School Day action plan for Dens Road Primary School. A copy of this can be available on request from the school office. Our healthy eating policy falls in line with this plan.

References and Further Reading

Better Eating, Better Learning - [Better eating, better learning: a new context for school food - gov.scot \(www.gov.scot\)](http://www.gov.scot)

Healthy Eating in School Guidance 2020 - [Section 3: Food and Drink standards for primary schools - Healthy eating in schools: guidance 2020 - gov.scot \(www.gov.scot\)](http://www.gov.scot)

A Healthier Future - [Food & Health Support Pack \(padlet.com\)](http://padlet.com)

[Nutritional Requirements for Food and Drink in Schools \(Scotland\) Amendment Regulations 2021: guidance - gov.scot \(www.gov.scot\)](http://www.gov.scot)

Breakfast- the most important meal of the day: [Why is breakfast the most important meal of the day? \(parenta.com\)](http://parenta.com)

If you are concerned about your child's eating please let us know and we can support you through our school health team.

We thank you in advance for support with our new healthy eating policy.

