



# **Strathdon Primary School**

## **Health Promotion and Food**

### **Policy and Guidance**



## 1. Rationale

We believe healthy eating is vital to learning, wellbeing, and lifelong habits. Aligning with Scotland's *Health Promotion and Nutrition Act 2007* and the *Food in Schools* self-evaluation framework, we commit to a whole-school approach, ensuring all children access nutritious meals and engage meaningfully with food, as part of their learning.

## 2. Aims

- To deliver compliant, nutritious food and drink across the whole school setting.
- Consistently promoting healthy food messaging across the curriculum, meals, snacks, and events.
- Empowering pupils with knowledge, understanding and skills to make healthy food choices.
- To strengthen partnerships with families, catering services, and wider community health providers.

## 3. Health Promotion Strategies

At Strathdon School, we adopt a whole-school approach to health promotion that goes beyond the dining hall to influence learning, behaviour, and wellbeing across the curriculum and wider school life. Our strategies include embedding food and health within Health and Wellbeing experiences and outcomes, integrating outdoor learning through cooking and growing activities, and ensuring consistent healthy eating messages are reinforced by staff, pupils, and families. We actively promote positive role modelling, pupil leadership through catering assistant roles, and pupil voice in shaping food provision. By working collaboratively with catering services, parents, and community partners, we ensure that food education and practice are aligned, equitable, and inclusive. These strategies foster lifelong skills, build healthy relationships with food, and contribute to improved physical, social, and emotional wellbeing outcomes for all learners.



## 4. Whole-School Strategies

- **Curriculum & Outdoor Learning:** Learning about food and nutrition is embedded across Health and Wellbeing, including practical food preparation during outdoor lessons.
- **Dining Environment:** A welcoming, sociable dining atmosphere is supported by high levels of meal uptake and pupil enjoyment of school lunches and holistic dining experience.
- **Pupil Leadership:** All pupils serve as “catering assistants” in rotating roles, supporting service delivery and modelling leadership.
- **Staff Engagement:** Staff model healthy eating and reinforce positive messages, consistently.

## 5. Food Provision & Policies

- **Meals Delivery:** Meals are prepared at Towie School’s kitchen and transported daily. Despite staffing issues, our PSA, pupil assistants and catering support maintain a seamless service. We remain committed to recruiting permanent serving staff.
- **Snacks & Celebrations:** Healthy snacks are promoted daily. Celebratory meals follow nutrition standards, and non-food alternatives are actively encouraged.
- **Trip Lunches:** Admin staff coordinate packed lunches with parents/carers for off-site events.
- **Inclusive Provision:** Dietary needs are captured via iPayimpact to ensure safe, individualised meal service.
- **Hydration:** Water is promoted and made readily available throughout the school day.
- **Food Allergies:**

*“There is no specific policy on nuts in school, each school makes a decision based on if they have any children in their school with a specific allergy to nut. School catering does not use products that contain nuts but some of our products do fall into the may contained category.”*

**Ian Paterson, Catering Service Manager, Education and Children’s Services  
Aberdeenshire Council at September 2025.**

If you are aware that your child/children may have an allergy it is essential that you advise the school as soon as you are aware. We can then arrange to discuss the procedures in place to protect the child so that everyone is clear and comfortable with the school’s plans.

Catering should be advised directly by families through the [online form](#) available on the Aberdeenshire Council website.



## 6. Partnerships

- **Catering Services:** Collaborative menu planning with pupils and staff ensures compliance, variety, and celebration meal inclusion.
- **Parents/Carers:** Menu updates, free meal entitlements, and lunch information are communicated via email; admin liaises on dietary and trip arrangements. Families provided with login details to ipayimpact to view lunch choices made by their child/children.
- **Pupil Voice:** Pupils actively influence meal choices and share feedback on their dining experiences.

## 7. Monitoring and Evaluation

### 7.1 Gather Evidence

We systematically collect evidence across multiple dimensions, including:

- **Quantitative data:** Meal uptake rates, access to free school meals, snack patterns, levels of food waste.
- **Qualitative input:** Surveys from pupils, parents, staff; observations during mealtimes; feedback from catering assistants.



- **Documentation:** Menus, email communications, iPayimpact dietary logs, records of pupil involvement in cooking and events.

## 7.2 Analyse

Using reflective prompts from the self-evaluation framework, we ask questions such as:

- What is working well (e.g., high uptake, pupil leadership, positive eating environments)?
- Where do gaps or challenges appear (e.g., Monday staffing, menu feedback, food waste levels)?
- How reliable, valid, and relevant is our evidence?

## 7.3 Evaluate & Plan

In line with “very good” practice described in the framework, we see our strengths in leadership through pupil involvement, a strong food ethos, inclusive culture, and supportive relationships across our school community.

## 8. Promotion of Free School Meal Entitlement

- We proactively drive awareness and uptake of free school meal entitlement through email outreach and parent engagement.
- Stigma-free practices, including anonymity, to ensure inclusivity, comfort and discretion in accessing meals.

## 9. Policy Statement

- Strathdon School is dedicated to nurturing a positive, engaging food culture. Through consistent evaluation and collaboration—with pupils at the heart—we build a resilient environment that supports healthy choices, wellbeing, and lifelong learning.



Reviewed by	Details	Date
C Redmond and S Simpson	Prepared Document	August 2025
L. Field	Reviewed	August 2025
L. Field	Reviewed addition	Oct 2025

Revision	Details	Date
Food Allergies	Addition of information relating to food allergies in schools	06.10.25