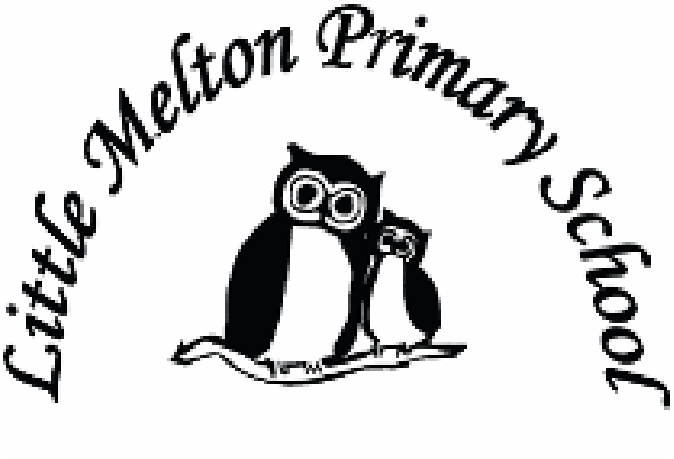


Healthy Eating and Drinking Policy

December 2025

Review: December 2028

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Healthy Eating and Drinking Policy

Rationale

We believe that that proper nutrition and fluid intake are essential to all members of the school community if they are to fulfil their potential in life.

Proper nutrition is also essential for good health and effective teaching and learning.

We believe that all messages about food and drink in the school should be consistent and promote healthy eating and drinking.

As a school we want to play our role in establishing and maintaining life-long healthy and environmentally sustainable eating and drinking habits for all the children.

Aims

- To further develop and maintain an ethos in the school in which a healthy choice is the easy choice and the best choice.
- To provide cross-curricular education that enables pupils to make an informed choice
- To encourage parents to provide their children with a balanced diet through sharing the aims of the school policy and publicising it eg in the school newsletter
- To encourage a balanced diet
- To encourage sensible fluid intake with an easily accessible water supply throughout the day but guidance on not drinking too much
- To have a pleasant and sociable dining experience which enhances the social development of all children
- To take into account and accommodate all dietary requirements
- To ensure high standards of hygiene amongst the children
- To develop healthy eating and drinking habits that will last a lifetime

The School Day:

Playtimes

Children are offered fruit or vegetable snacks at playtime. They can also choose to eat fruit from home.

Lunchtimes

Children are offered a choice of hot meal or packed lunch each day. They are also allowed to bring their own packed lunch from home. Meals are provided free of charge for all children up until the end of Year 2 and also those classified as ‘disadvantaged’.

Our meals are currently provided by ‘Norse’. They provide food within the Department for

Education framework of nutritional standards for schools: **https://www.gov.uk/school-meals-healthy-eating-standards**

All individual dietary needs can be met. This is organised through discussion between parents, school and Eats. They also make use of occasional 'theme days' to mark calendar events or contribute to a particular curriculum area.

Children who bring a packed lunch from home are encouraged to take some fruit or vegetables as part of their meal or snack. They are allowed a chocolate biscuit or crisps but not sweets or chocolate bars. They are encouraged to drink water / juice with their meal or snack. Parents are encouraged to provide a balanced meal in the packed lunches.

Children will only ever be gently encouraged to eat their lunch, and parents will be informed if there are regular occasions where lunch is not eaten, so that this can be reviewed.

The above also applies to packed lunches for school trips.

Staff will promote good manners at snack and meal times.

Children will take home all packaging at end of meal in their lunch boxes so that parents can monitor what they have eaten.

There is a water cooler 'hydration station' in the hub area of the school for children to use.

After school club

A small healthy snack is also offered at the after school club. This will typically consist of toast, pasta, fruit, vegetables and a biscuit or small portion of cake.

Milk in Reception

Children in Reception are entitled to free milk every day until their 5th birthday. Parents can request that it continues after that, but has to be paid for.

Curriculum

The Design and Technology curriculum (on school website) details where cookery is taught in each year group. Healthy eating also forms part of our Health Education curriculum and is taught across all key stages.

Food and cooking activities are used in a variety of ways to teach children and widen their experience of food. They are given the opportunity to touch, taste, smell and feel a

variety of foods.









Selection of dishes made by children in annual ‘Bake Off’- June 2023

Children are encouraged to bring a named water bottle to school every day so that they stay hydrated to help with their learning. The water bottle should only contain water. Children are allowed to fill the bottle with other drinks only if due to medical advice- inform the Headteacher in this instance.

Celebrations - birthdays

Parents and children are asked not to bring or send sweets to school except in the case of handing out to classmates at the end of the day on their birthday or other special occasion- with the permission from the class teacher.

Cakes or biscuits brought in for a similar occasion must be discussed with the Headteacher first, in order to check for any food allergies in the class that may make them unsuitable for sharing.

Equal Opportunities.

The healthy eating and drinking systems and strategies in our school will be accessible to all children and staff regardless of race, gender and SEN.

We will fully respect any cultural or religious dietary requirements and discuss with parents as required.

Health and Safety.

Food will be stored according to instructions on packaging and common sense. Advice will be sought from the Environmental Health if necessary. The school adheres to environmental health guidance.

Staff at After School Club, and all staff involved in catering, have up to date qualifications in safe management and preparation of food.

Monitoring the Healthy Eating and Drinking Policy.

Provision for healthy eating and drinking throughout the school will be monitored by the Headteacher and any significant issues discussed with governors.