



# Holy Rood Catholic Primary School

## Healthy Eating and Drinking Policy

### Mission Statement

*Live, Love, Learn*

*Holy Rood is proud to be a Catholic school, where Christ is at the heart of our community.*

*Working in close partnership with the home and parish, we share and celebrate our faith, while respecting and accepting those from other traditions and cultures.*

*We acknowledge each person's uniqueness and aim to provide a happy Christian environment where everyone can thrive.*

*We are committed to delivering a broad and balanced education, where each child can become the best they can be. We seek to nurture self-esteem in everyone and develop a sense of responsibility for ourselves and others.*

*We strive for excellence in all we do.*

### Statement of intent

At Holy Rood Catholic Primary School, we will support pupils to eat healthily and keep hydrated while in school. We also aim to teach pupils to make healthy food and drink choices using the curriculum and to reflect these principles in the school's food menu and cooking provisions.

We acknowledge the important connection between a healthy diet and a pupil's ability to learn, concentrate, and achieve high standards in school. We are, therefore, committed to promoting a lasting healthy lifestyle for everyone.

As part of our healthy eating and living campaign, our catering will uphold the highest standards of quality, nutrition and cleanliness; adhering, without exception, to food standards and legal obligations. As such, this policy has been implemented to help staff and parents deliver consistent messages to pupils, enabling them to develop a positive and independent approach to a healthy lifestyle.

### Legal framework

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- The Requirements for School Food Regulations 2014
- The Food Information (Amendment) (England) Regulations 2019 (Natasha's Law)
- Food Safety Act 1990
- School Standards and Framework Act 1998

This policy operates in conjunction with the following non-statutory guidance:

- DfE (2023) 'School food in England'
- DfE (2023) 'School food standards practical guide'
- The School Plan (2014) 'School Food Standards: A practical guide for schools, their cooks and caterers'

This policy operates in conjunction with the following school policies:

- Health and Safety Policy
- Managing Medical Needs and Infection Control in School Policy

- Equality and Diversity Policy
- Child Protection and Safeguarding Policy
- Social, Emotional and Mental Health (SEMH) Policy

### **Roles and responsibilities**

The governing body will be responsible for:

- Ensuring the school promotes healthy eating and drinking habits to pupils.
- Ensuring the school meets the requirements of the School Food Standards.
- Ensuring the school makes reasonable adjustments where necessary for pupils with particular requirements, e.g. to reflect medical, dietary or cultural needs.

The headteacher will be responsible for:

- The overall implementation of this policy.
- Managing, or appointing a member of staff to manage, the school's approach to healthy eating and drinking.
- Putting measures in place to ensure the school meets the requirements of the School Food Standards and other related legislation, such as Natasha's Law.

### **Our aims**

The school will adopt the following aims:

- Integrate a whole-school ethos towards healthy eating; therefore, helping both staff and pupils to perform well, concentrate better and improve general wellbeing.
- Ensure all pupils to be well nourished and hydrated, and to ensure they have access to nutritious food and safe drinking water during the school day.
- Encourage pupils to make informed food and drink choices in school and at home, contributing to life-long healthy eating habits.
- Use the curriculum to teach pupils safe, hygienic methods of preparing, handling and storing food, and to inform them about the benefits of choosing healthy options.
- Ensure there are consistent messages about healthy eating throughout the school.
- Keep food, health, and nutrition aspects of the curriculum up-to-date.
- Ensure the school reflects the ethical, medical, and religious dietary requirements of staff and pupils, and that suitable provisions are available.
- Celebrate diversity with cuisines from different cultures and other individual choices, e.g. vegetarianism, encouraging pupils to learn about and try new foods.
- Encourage fluid intake and help pupils keep hydrated, maintain concentration, reduce lethargy, and learn effectively.
- Inform staff and parents which provisions are permitted in school and to ensure they can effectively monitor what pupils are eating.
- Encourage staff to participate in our healthy eating ethos and act as role models to pupils.

### **Healthy eating statement**

The school will use healthier cooking methods to contribute to healthy eating, such as the following:

- Using less fat in cooking
- Baking foods rather than frying them
- Where fats are used, increasing the use of healthier varieties
- Reducing the use of sugar in recipes
- Avoiding using additional salt in cooking processes
- Increasing the use of food items containing high amounts of fibre

All menus will be developed in accordance with the standards set out in the School Food Regulations 2014 and guidance from The School Food Plan in 'School Food Standards: A practical guide for schools, their cooks and caterers', which are outlined in the Whole-school Food Policy.

The school will encourage pupils to adopt healthy lifestyles, both through a nutritional diet and regular exercise, and during assemblies, PE lessons and RHE.

The school will adopt a healthy eating strategy and embeds its principles throughout the curriculum.

### **Drinks**

The school will teach pupils the importance of drinking plenty of fluids and how hydration helps contribute to effective learning, good health and improved physical performance.

The school will provide safe drinking water throughout the school day. This will be available via:

- **Water jugs being available in the dining hall**
- **Taps labelled 'drinking water'**

Staff will have access to drinking water via **a water cooler in the staff room.**

The school will encourage pupils to consume extra fluids on hot days and during and after physical activity, e.g. PE and sports days.

Pupils will be encouraged to bring a water bottle with them to school. Pupils will be permitted to refill water bottles during the school day.

The school will not permit fizzy drinks in bottles or cans on the premises at any time. These items **will be confiscated by staff and returned to the pupil at the end of the school day.**

The school understands the importance of healthy development for pupils under the age of five in an early years setting. In line with the Nursery Milk Scheme set by the Department of Health and Social Care, one third of a pint of milk will be offered free of charge, once per day, for all pupils.

### **Breaktime snacks**

The school will encourage pupils to eat a snack at breaktime. As part of our healthy eating ethos, this will be a piece of fruit or vegetable without added sugar, fat or salt.

The school **will not** permit any other snacks to be eaten at breaktime. Snacks that are not in line with our Healthy Eating and Drinking Policy will be **confiscated by staff and returned to the pupil at the end of the school day.**

In line with the government's 'School Fruit and Vegetable Scheme', a piece of fresh fruit or vegetable is available to pupils aged four to six at morning breaktime.

### **School lunches**

All school meals will meet the national guidelines for nutritional standards and food safety regulations. Food is provided by Barnsley MBC Catering Service. Reasonable adjustments will be made to school lunches where necessary for pupils with particular requirements, e.g. to reflect medical, dietary or cultural needs.

Parents are informed of menu choices in advance and are able to choose what their child would like each day or children can choose this in the class. The menus are also promoted at the admissions phase. Free school meals are provided for all children who are eligible.

Food is presented at child height and the cooks and other staff talk through the options verbally. Children are encouraged to try different foods each day by the cook and other staff. Children are expected to choose one of the main options and vegetables or salad each day. Healthy dessert options are offered, ranging from fruit and/or yoghurts. A member of staff lines up with children and discuss options and help make decisions on their balanced diet. Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the hall.

The cook is informed about children who have special dietary needs or allergies and this information is also displayed in the kitchens, staffrooms and classroom. A meeting is held between the parent, the school and a representative from the catering company prior to the child having school dinners to ensure that all allergy needs can be met and provided for adequately.

The school will provide pupils with drinking water with their meal. Additional water will also be available.

Dining staff will monitor pupils' food intake during lunchtime by allowing them only to leave their table once they are finished eating. If a member of staff has any concerns, the school will notify their parents. Themed meals and meals served to celebrate festivals, holidays, or religious observances will follow the same standards applied to regular school meals.

Pupils will not be permitted to share or swap any food, including that provided from home in a packed lunch or snacks.

### **Packed lunches**

The school will apply its healthy eating principles to packed lunches and will be committed to improving the quality of packed lunches that pupils consume. The standards of packed lunches will comply with the nutrition standards of school lunches.

Children are encouraged to show their packed lunches to a member of staff when they have eaten especially in Foundation Stage and Key Stage 1. Parents are consulted by a class teacher or our Pupil and Family Support Worker if lunch boxes do not contain a balanced diet. Healthier options are discussed and 'healthy packed lunch box' toolkit is shared with parents. All parents and carers have received a letter detailing healthy choices that are permitted in a packed lunch, including on educational visits. Healthy packed lunches are provided by the school for educational visits, if children require them. We are a nut-free school and therefore no nuts or products containing nuts will be brought into our school. Parents are regularly reminded of this.

### **Exemptions**

The school recognises the following exemptions to the Healthy Eating and Drinking Policy:

- Food, drink and treats at parties or celebrations to mark religious or cultural occasions
- Provisions at fund-raising events
- Treats as rewards for achievement, good behaviour or effort
- Provisions used when teaching food preparation and cookery skills, including where the food is served to pupils as part of a school lunch
- Sweets or chocolates for special occasions, such as birthdays,
- Leftover fruit and milk from EYFS and Key Stage 1 is given to Key Stage 2 when possible.
- During SATs week, all year 6 pupils are offered free healthy breakfast

## **Curriculum**

The school's Healthy Eating and Drinking Policy will be integrated into our curriculum. The curriculum develops pupils' knowledge of healthy eating through Design and Technology and cross-curricular links. The profile of healthy eating is raised through focus on Science and DT topics, healthy food activities and workshops during Science Week. In Key Stage 1 and 2, children learn the importance of healthy living in Science, DT and RHE. The message of healthy living is threaded through the Primary Curriculum and especially through Design and Technology.

## **Allergies and dietary requirements**

The school will ensure the correct food safety measures are in place, in line with the Health and Safety Policy, to protect pupils with known allergies, intolerances, anaphylaxis, diabetes and other medical conditions associated with diet.

All foods that are pre-packed for direct sale (PPDS) will be labelled in line with the requirements of The Food Information (Amendment) (England) Regulations 2019, known as Natasha's Law, as outlined in the Whole-school Food Policy.

Parents will be required provide the school with a written list of any foods their child may have an adverse reaction to, as well as the necessary actions to be taken in the event of an allergic reaction, such as any medication required.

The school's chosen catering service will be responsible for ensuring that the school's policies are adhered to at all times, including those in relation to the preparation of food, taking into account any allergens.

Learning activities which involve the use of food, such as design technology lessons, will be planned in accordance with pupils' health care plan accounting for any known allergies of the pupils involved.

Treats for effort or good behaviour will be awarded in accordance with pupils' health care plan, including known allergies.

## **Mental health and wellbeing**

The school understands that some pupils may develop disordered eating. Staff will be trained to identify potential signs of disordered eating, which can include the following:

- Skipping lunchtime
- Avoiding eating around other people
- Eating very slowly
- Going to the bathroom soon after eating
- Becoming socially withdrawn and isolated
- Not participating in physical activities

Other physical signs can include the following:

- Thinning hair
- Dry skin
- Wearing baggy clothes
- Often saying they are cold
- Persistent low mood
- Irritability
- Unpredictable mood swings

If a member of staff has a concern about a pupil, they will speak to the DSL and senior mental health lead, as appropriate. Depending on the concern raised, support will be delivered in line with the Child Protection and Safeguarding Policy or Social, Emotional and Mental Health (SEMH) Policy, or a combination of both.

The school will strive to protect pupils from developing disordered eating through a variety of methods, including the following:

- Developing pupils' social and emotional skills
- Teaching pupils about physical health
- Teaching pupils about body image

Pupils will be encouraged to speak to a trusted adult if they have concerns about their eating behaviour or relationship with food.

### **Parents**

Information about school meals is shared with parents via menus emailed and on our website. The school provides school meal tasting sessions during parents' evenings.

### **Monitoring and review**

This policy will be reviewed **annually** by the headteacher and governing body, or in light of any changes to relevant legislation.

Any changes made to this policy will be communicated to catering providers, kitchen staff, parents and other stakeholders, where necessary.

Approved by Chair of Governors



Approved Date: March 2025

Review Date: March 2026