



Lawn Primary and Nursery School

Healthy Eating and Drinking Policy

Policy Owner

Head teacher

Policy History

<i>February 2022</i>	<i>Packed Lunch Policy Created</i>
<i>January 2025</i>	<i>Policy reviewed and renamed to Healthy Eating and drinking Policy</i>

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1. Statement of Intent

At Lawn Primary & Nursery 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.

2. 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

3. Roles and responsibilities

The headteacher 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.
- 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.

4. 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.
- 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.

5. Healthy eating statement

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 also recognise and adhere to the School Food Regulations 2014 requirements for food and drink other than lunch that are:

- Provided to pupils on school premises up to 5:45pm, including:
 - Breakfast clubs
 - Tuck shop
 - Mid-morning break
 - Afterschool clubs

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

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

6. 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.

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 bottled water with them to school. Pupils will be permitted to refill water bottles during the school day.

Drinks with added sugar will not be available with school meals. The school will not permit fizzy drinks in bottles or cans on the premises at any time.

The school understands the importance of healthy development for pupils under the age of five in an early year setting. In line with the Cool 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.

7. Breaktime snacks

The school will encourage pupils to eat a snack at breaktime.

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.

The school Tuck Shop will be available weekly on a Thursday for pupils from Reception to year 6 that wish to purchase a snack.

8. School lunches

All school meals will meet the national guidelines for nutritional standards and food safety regulations.

Reasonable adjustments will be made to school lunches where necessary for pupils with particular requirements, e.g. to reflect medical, dietary or cultural needs.

School meals will include two portions of fruit, vegetables or salad per meal.

Portion sizes will be in line with the School Food Standards to help provide pupils with a nutritionally balanced meal and prevent excessive calorie intake. Portion sizes and food groups will be outlined in the Whole-school Food Policy.

School meals will include foods that are naturally rich in vitamins and minerals to support pupils' health and physical development.

The school will provide pupils with drinking water with their meal. Additional water will be available from jugs on dining hall tables.

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 via the class teacher.

School meals will not include drinks with added sugar, crisps, chocolates or sweets.

School meals will not include more than two portions of deep fried, battered or breaded food a week.

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

9. Packed lunches

Parents will be provided with clear guidance on providing a healthy packed lunch and will be expected to provide their child with healthy packed lunches containing recommended food groups.

Staff will monitor regularly the contents of pupils' packed lunches to ensure they are healthy and balanced and comply with this policy. Food that is not compliant will be reported to the parents.

For ideas on Healthy Packed lunches visit

<http://www.nhs.uk/Change4Life/Pages/healthy-lunchbox-picnic.aspx>

Packed Lunch Containers

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period.

Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

Foods are at risk of bad bacteria if they are prepared and stored in warm temperatures, so it is advised that an ice pack is included in the food container.

Packed lunches should include

- At least one portion of fruit or vegetables every day
- Meat, fish or other sources of non-dairy protein such as eggs, lentils, kidney beans, hummus, falafel every day (usually as part of a sandwich, roll or salad). However oily fish such as tuna, salmon or pilchards only once a week.
- A starchy food such as bread, pasta, rice, noodles, couscous, potatoes every day.
- Dairy foods such as milk, cheese, yoghurt, fromage frais every day. (This does not include highly processed foods such as Dairy Lea Lunchables or similar products).
- A drink of water, pure fruit juice, drinking yoghurt or smoothie (not Nesquik or any other sugary drinks or milkshakes). Water is available in school.
- A Cereal bar or one plain biscuit as these foods should only be eaten as part of a balanced meal.

Packed Lunches should include limited synthetic processed foods, such as

- Crisps, sausage rolls, pasties, fried samosa, and pork pie – All High in Fat
- Fruit winders, chocolate covered raisins, yogurt coated raisins – All high in sugar
- Chocolate-coated biscuits, jam sandwiches or chocolate spread sandwiches – All High sugar and fat
- Cheese dippers, Dairy Lea Lunchables, cheese strings and processed meat snacks such as chicken bites, peperoni or fridge raiders – all high in salt

Packed lunches will not include the following foods:

- Nuts (including Nutella and nut-based spreads) because of the danger to other children with allergies
- Fizzy drinks
- Chocolate bars or sweets

The school recognises that some children may require special diets that do not allow for these standards to be met exactly. In this instance, parents/ carers should provide any information from a doctor or dietician to explain the needs for a special diet. In these cases, parents/carers are urged to be responsible in ensuring that packed lunches are as healthy as possible.

Children will be encouraged to take home food they have not eaten so that parents and carers can monitor what your child is eating.

Treats

We aim to teach children about balancing their diet, therefore, on occasions, we will allow children to eat cakes or sweets e.g., at class parties or other celebrations. We also allow children to bring sweets to share into school on their birthdays. We feel that this reflects a realistic attitude to food and teaches children about making appropriate choices about food.

10. 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
- Tuck Shop
- 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
- Food and drinks provided on an occasional basis by parents or pupils

11. Allergies and dietary requirements

The school will ensure the correct food safety measures are in place to protect pupils with known allergies, intolerances, anaphylaxis 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.

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

Treats for effort or good behaviour will be awarded in accordance with pupils' IHP's, including known allergies.