Micklands Primary School

Healthy Eating and Drinking Policy

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Statement of intent

At Micklands, it's important to us that pupils eat healthily and drink plenty of fluids 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.

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.

1. Legal framework

1.1. 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
- Food Safety Act 1990
- School Standards and Framework Act 1998

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

- DfE (2019) 'School food in England'
- The School Food Plan (2015) 'School Food Standards: A practical guide for schools, their cooks and caterers'

1.3. This policy operates in conjunction with the following school policies:

- Health and Safety Policy
- Medical Conditions Policy
- Equality Policy

2. Our aims

2.1. To integrate a whole-school ethos towards healthy eating; therefore, helping both staff and pupils to perform well, concentrate better and improve general wellbeing.

2.2. To 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.

2.3. To encourage pupils to make informed food and drink choices in school and at home, contributing to life-long healthy eating habits.

2.4. To 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.

2.5. To ensure there are consistent messages about healthy eating throughout the school.

2.6. To keep food, health, and nutrition aspects of the curriculum up-to-date.

2.7. To ensure the school reflects the ethical, medical, and religious dietary requirements of staff and pupils, and that suitable provisions are available.

2.8. To celebrate diversity with cuisines from different cultures and other individual choices (e.g. vegetarianism); therefore, encouraging pupils to learn about and try new foods.

2.9. To encourage fluid intake and help pupils keep hydrated, maintain concentration, reduce lethargy, and learn effectively.

2.10. To inform staff and parents which provisions are permitted in school and to ensure they can effectively monitor what pupils are eating.

2.11. To encourage staff to participate in our healthy eating ethos and act as role models to pupils.

3. Healthy eating statement

3.1. Through Caterlink, the school uses 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

3.2. All menus are developed in accordance with the nutritional standards set by The School Food Plan 2015 in 'School Food Standards: A practical guide for schools, their cooks and caterers'.

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

3.4. The school adopts a healthy eating strategy and embeds its principles throughout the curriculum.

4. Drinks

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

4.2. The school provides safe drinking water throughout the school day. This is available from taps labelled 'drinking water'. Staff have access to drinking water via a tap in the staff room.

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

4.4. Pupils are encouraged to bring bottled water with them to school. This can be consumed in the classroom, in the dining hall, and on the playground.

4.5. Pupils are permitted to refill water bottles from taps labelled 'drinking water' during the school day.

4.6. Drinks with added sugar are not available with school meals.

4.7. The school does 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.

5. Breaktime snacks

5.1. The school encourages pupils to eat a snack at breaktime. As part of our healthy eating ethos, this should be a healthy snack, preferably fruit or vegetables, and without added sugar, fat or salt.

5.2. 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.

5.3. 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.

6. Lunch

6.1. All school meals meet the national guidelines for nutritional standards and food safety regulations. Our meals are supplied by Caterlink and prepared by fully trained catering staff.

6.2. Portion sizes are in line with the School Food Standards to help provide pupils with a nutritionally balanced meal and prevent excessive calorie intake.

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

6.4. The school provides pupils with drinking water with their meal.

6.5. Dining staff monitor pupils' food intake during lunchtime by allowing them only to leave their table once they are finished eating. If a pupil is not eating well, the school will notify their parents.

6.6. Themed meals and meals served to celebrate festivals, holidays, or religious observances follow the same standards applied to regular school meals.

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

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

6.9. Pupils are not permitted to bring chocolate, sweets, and other confectionary as part of a packed lunch. Food items that are not in line with our Healthy Eating and Drinking Policy will be confiscated by dining staff and returned to the pupil at the end of the school day.

6.10. The school does not permit fizzy drinks in bottles or cans as part of a packed lunch. These items will be confiscated by dining staff and returned to the pupil at the end of the school day.

6.11. The school allows still drinks in cartons, plastic bottles and flasks as part of a pupil's packed lunch.

6.12. Pupils bringing in a packed lunch have access to additional water.

6.13. To allow parents and catering staff to monitor what has been eaten, pupils will put their litter back in their lunchboxes. If staff feel that a pupil is not eating well, we will notify their parents via letter.

7. Treats and prizes

7.1. Chocolate, sweets, and other confectionary may be used as rewards. The school encourages staff to award pupils with alternative treats such as extra break time, stickers, or stationary.

7.2. Pupils are permitted to bring in confectionary items as treats for their classmates – these include birthdays and gifts brought back off holiday.

8. Exemptions

8.1. 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
- Food and drinks provided on an occasional basis by parents or pupils

9. Curriculum

9.1. The school's Healthy Eating and Drinking Policy is integrated into our curriculum. This will be achieved through the following teaching areas:

- PSHE
- PE
- Science
- D&T

9.2. The school communicates how to lead a healthy lifestyle and make good food choices via the following:

- School assembly
- Guest speakers
- Sending school menus home
- Staff as role models

10.Allergies and dietary requirements

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

10.2. Parents 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.

10.3. The school's chosen catering service is 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.

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

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

11.Monitoring and review

11.1. This policy will be reviewed every 3 years by the headteacher, or in light of any changes to relevant legislation. The next review date is 31st August 2027.

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