

# Wessex Gardens

## Primary & Nursery School



### Healthy Eating and Drinking Policy



**July 2021 – July 2024**

At Wessex Gardens we believe that every child has the right to feel safe and to be protected from any situation or practice that could result in them being harmed. Each child's welfare is of paramount importance and we are committed to safeguarding and promoting the welfare of all children in our care and we expect all staff, governors, placements and volunteers to share this firm commitment.

#### Growing Together

Wessex Gardens Primary and Nursery School is a place where we grow kind, confident, resilient and independent lifelong learners in a trusting and honest environment. Here everyone is welcome and valued. We are motivated and supported to reach our full potential as we continue to aspire to excellence.

The policy was ratified by the Governing Body on 12<sup>th</sup> July 2022

<b>Approved by:</b>	<b>Alexander Banks</b>	<b>Jill Summers</b>
<b>Designation:</b>	<b>Headteacher</b>	<b>Chairman of the Governing Body</b>
<b>Signed:</b>		
<b>Date:</b>	<b>21<sup>st</sup> July 2022</b>	<b>Review due by: July 2023</b>

## **Contents:**

### [Statement of intent](#)

1. [Legal framework](#)
2. [Our aims](#)
3. [Healthy eating statement](#)
4. [Drinks](#)
5. [Breaktime snacks](#)
6. [Lunch](#)
7. [Packed lunches](#)
8. [Treats and prizes](#)
9. [Exemptions](#)
10. [Curriculum](#)
11. [Allergies and dietary requirements](#)
12. [Communicating with parents](#)
13. [Monitoring and review](#)

## **Statement of intent**

At Wessex Gardens Primary and Nursery School, we will support children to eat healthily and keep hydrated while in school. We also aim to teach children 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 child'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 children, enabling them to develop a positive and independent approach to a healthy lifestyle.

## 1. 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 (2021) 'School food in England'
- DfE (2021) '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
- Supporting Children with Medical Conditions Policy
- Pupil Equality, Equity, Diversity and Inclusion Policy
- Whole-school Food Policy
- Allergen and Anaphylaxis Policy

## 2. Our aims

The school will adopt the following aims:

- Integrate a whole-school ethos towards healthy eating; therefore, helping both staff and children to perform well, concentrate better and improve general wellbeing.
- Ensure all children to be well nourished and hydrated, and to ensure they have access to nutritious food and safe drinking water during the school day.
- Encourage children to make informed food and drink choices in school and at home, contributing to life-long healthy eating habits.
- Use the curriculum to teach children 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 children, and that suitable provisions are available.
- Celebrate diversity with cuisines from different cultures and other individual choices, e.g. vegetarianism, encouraging children to learn about and try new foods.
- Encourage fluid intake and help children keep hydrated, maintain concentration, reduce lethargy, and learn effectively.
- Inform staff and parents which food and drink are permitted in school to ensure that they effectively monitor what children are eating.
- Encourage staff to participate in our healthy eating ethos and act as role models to children.

### **3. Healthy eating statement**

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

All menus are developed in accordance with the nutritional standards set by 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 encourages children to adopt healthy lifestyles, both through a nutritional diet and regular exercise, and during assemblies, PE lessons and PSHE.

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

### **4. Drinks**

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

The school provides safe drinking water throughout the school day. This is available via water coolers in the corridors, drinking fountains in the playground, water jugs placed on dining hall tables. Staff have access to drinking water via the tap in the staff room and water coolers in the corridors.

Semi-skimmed milk is available to drink in nursery and reception.

The school encourages children to consume extra fluids on hot days, during and after physical activity, particularly on PE and sports days.

Children 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.

Children are permitted to refill water bottles via water coolers during the school day.

Drinks with added sugar are not available at any time.

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

The school understands the importance of healthy development for children 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 children.

### **5. Breaktime snacks**

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

The school does not permit any other snacks to be eaten at breaktime.

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

## **6. Lunch**

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

School meals include fruit, and there are two salad bars with a variety of vegetables and salad each day.

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

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

The school provides children with drinking water. Additional water is available from jugs on dining hall tables.

Dining staff monitor children's food intake during lunchtime and support them to eat their meal. If a child is not eating well, the school will speak with the parent.

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

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

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

Children are not permitted to bring chocolate, sweets, and other confectionary as part of a packed lunch. The school will contact parents if a child brings food items that are not in line with our Healthy Eating and Drinking Policy.

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

Children bringing in a packed lunch have access to additional water. This can be found in water coolers in the corridors.

To allow parents monitor what has been eaten, children are asked to put their litter in their lunchboxes. If staff feel that a child is not eating well, they will discuss it with the class teacher who will notify parents at the end of the day.

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

## **7. Packed lunches**

The school is committed to improving the quality of packed lunches, and apply its healthy eating principles to packed lunches. The standards of packed lunches will comply with the nutrition standards of school lunches.

Parents will be provided with clear guidance on providing a healthy packed lunch, and the school requests that parents provide their child with healthy packed lunches containing recommended food groups.

In line with the School Food Standards, packed lunches will contain the following:

- One portion of fruit, vegetable or salad
- Meat, fish or another source of non-dairy protein
- Carbohydrates, such as bread, pasta, rice or potatoes
- Dairy, such as cheese, yoghurt or custard
- Oily fish, e.g. smoked salmon, at least once every three weeks
- Only water, fruit juice, semi-skimmed or skimmed milk, yoghurt drinks or smoothies

Snacks in packed lunches will comply with this policy. The following food and drink are not permitted:

- Crisps or sweets
- Carbonated drinks or those containing high levels of caffeine

Staff will monitor regularly the contents of children's packed lunches to ensure they are healthy and balanced and comply with this policy. Food that is not compliant will be removed and returned to the child at the end of the day. Alternative food items will be provided. If a child brings a lunch that is completely inappropriate, the school will provide a replacement meal for which parents will be charged. Concerns about the contents of a child's packed lunch will be dealt with sensitively. The child's parent will be contacted to remind them of the school's policy.

## **8. Treats and prizes**

Chocolate, sweets, and other confectionary are not used rewards. Children are rewarded with certificates, juice and stationary gifts.

Children are not permitted to bring in confectionary items as treats for their classmates at any time.

## **9. 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

## **10. Curriculum**

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

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

## **11. Allergies and dietary requirements**

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 children 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 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 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.

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

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

## **12. Communication with parents**

The school will communicate any changes and updates to this policy to parents in the weekly newsletter, SchoolPing messages, letters or emails.

The school will send healthy eating recommendations to new parents prior to admission.

The school will speak with parents if concerns are raised about their child not eating well.

The school will inform parents via letter which foods are not permitted as part of packed lunches, and how they will be returned if removed.

The school will involve parents in the healthy eating ethos, enabling them to provide consistent messaging about healthy choices at home.

Parents will keep the school updated with any changes to their child's dietary requirements, including allergies, and any cultural, religious, or ethical food requirements.

Parents will inform the school via email or letter if they are concerned their child is not eating well during the school day.

## **13. Monitoring and review**

This policy will be reviewed if there is a change to relevant legislation or every 3 years by the Wellbeing Committee and Governing Body.

The next scheduled review date for this policy is July 2025.

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