

Corringham CE Primary **School**

Healthy Eating and Drinking Policy

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Statement of intent

At Corringham, 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.

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'

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.

2. Healthy eating statement

The school caters 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 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 pupils 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.

3. Drinks

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.

The school provides safe drinking water throughout the school day. This is available via a cooled and filtered drinking fountain. Water is also in water jugs and placed on dining hall tables.

Semi-skimmed is available to drink once a day at lunchtime for those children who have a school meal.

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

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.

Pupils are permitted to refill water bottles via the drinking fountain during the school day.

The school does 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 years setting. In line with the School 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. This can also be purchased by a parent for their child in any year group.

4. Breaktime snacks

The school encourages pupils to eat a snack at breaktime. As part of our healthy eating ethos, this will be a piece of fruit or vegetable (fresh or dried) without added sugar, fat or salt, or plain breadsticks/rice cakes (no chocolate/sweet topping).

The school does not permit any other snacks to be eaten at breaktime. Snacks that are not in line with our Healthy Eating and Drinking Policy should not be consumed. The pupil will be asked not to eat it and return it to their school bag.

In line with the government's 'School Fruit and Vegetable Scheme', a piece of fresh fruit or vegetable is available to pupils in Year Reception, One and Two.

5. Lunch

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

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

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

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

The school provides pupils with drinking water or semi-skimmed milk with their meal. Additional water is available from jugs on dining hall tables.

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.

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.

Pupils are not permitted to bring chocolate, sweets, and other confectionary as part of a packed lunch. The exception to this is *small* biscuit bars such as a penguin, blue ribbon or similar. If a child has food items that are not in line with our Healthy Eating and Drinking Policy then they will be reminded of the school policy and asked not to bring in the item again.

The school does not permit fizzy drinks in bottles or cans as part of a packed lunch.

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

Pupils bringing in a packed lunch have access to additional water. This can be found in water jugs on dining hall tables.

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

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

6. Packed lunches

The school will apply its healthy eating principles to packed lunches and is 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.

If requested, 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.

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
- A small biscuit based bar such as a custard cream, penguin or blue ribbon type.

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

- Confectionary items such as sweets
- Carbonated drinks or those containing high levels of caffeine

Staff will monitor regularly the contents of pupils' packed lunches to ensure they are healthy and balanced and comply with this policy. If a pupil 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 pupil's packed lunch will be dealt with appropriately and proportionately. The pupil's parent will be contacted to remind them of the need to follow the school's policy. If a pupil's packed lunch continues to not be appropriate, the school will contact the parents to arrange a meeting to discuss the matter further.

7. Treats and prizes

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.

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

8. 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
- Food and drinks provided on an occasional basis by parents or pupils

9. 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

10. Allergies and dietary requirements

The school ensures the correct food safety measures are in place, in line with 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 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 pupils' IHP's, accounting for any known allergies of the pupils involved.

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

11. Communication with parents

The school will communicate any changes and updates to this policy via letter.

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

The school will provide reminders on healthy options via newsletter. For example, Nut Free lunches.

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 headteacher via letter if they are concerned their child is not eating well during the school day.

Parents will support the school policy and local authority in ensuring their children are provided with appropriate snacks and lunches.