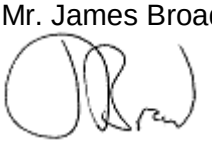
ACRE
Schools Federation

Healthy Eating and Drinking Policy

Date Reviewed	9th July 2025	**Review Date**	Summer 2028
Signature of Chair of Governors	Mr. John Knight and Ms. Hannah Sheehan		
Signature of Headteacher	Mr. James Broad 		

Contents:

Statement of intent

1. Legal framework
2. Roles and responsibilities
3. Our aims
4. Healthy eating statement
5. Drinks
6. Breaktime snacks
7. School lunches
8. Packed lunches
9. Exemptions
10. Curriculum
11. Allergies and dietary requirements
12. Mental health and wellbeing
13. Communication with parents
14. Monitoring and review

NB: Throughout this policy, headteacher refers to the executive headteacher or, in his/her absence, the head of school.

Statement of intent

At Clapham Manor and Sudbourne Federation, 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 through the curriculum and by reflecting 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 commitment to healthy eating and living, our catering will uphold the highest standards of quality, nutrition and cleanliness, and 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 (2023) 'School food in England'
- DfE (2023) 'School food standards practical guide'
- The School Plan (2015) '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 Pupils with Medical Conditions Policy
- Equality Information and Objectives
- Child Protection and Safeguarding Policy

2. Roles and responsibilities

The governing board 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.
- 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.

3. 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.

4. Healthy eating statement

The school will ensure the use of 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'..

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 6pm, including:
    - Breakfast clubs
    - Mid-morning break
    - After school 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 ensure that the principles of healthy eating strategy are embedded throughout the curriculum.

5. 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 drinking fountains around the school, water jugs placed on dining hall tables and taps labelled 'drinking water'.

Staff will have access to hot drinking water via a water heater 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 via drinking fountains and suitable taps 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. 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. Milk is also provided free of charge for pupils entitled to Free School Meals.

6. 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.

7. School lunches

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

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.

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

Individual care plans are created for children with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. The school staff and the school's caterers and are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

The school offers a vegetarian option at lunch every day in accordance with pupils' religious beliefs, cultural practices and personal preferences. 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 that a child is not eating well, 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.

School meals, including school packed lunches, 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.

8. 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.

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 should contain the following:

- One portion of fruit, vegetable, or salad
- A source of protein (e.g. lean meat, fish, cheese, hummus)
- 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:

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

Staff will regularly monitor 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 confiscated and returned to the pupil at the end of the day. Alternative food items will be provided. 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.

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, where such items are brought into school by pupils, they must be given to the class teacher in their original packaging with the ingredients and allergen information clearly labelled.
- Ramadan:
    - Whilst we recognise that fasting is not compulsory before the age of puberty in Islam, we understand that older children are sometimes encouraged to fast to prepare them for adulthood.

    - Any parent or carer who wishes for their child to fast during the month of Ramadan MUST inform the school in writing.
    - In the event of a child becoming distressed or unwell when he or she is fasting, this would be considered a safeguarding issue and the school will ask the child to break their fast by offering a small snack and a drink of water. Parents will be informed.

- Provisions at fund-raising events
- Treats as rewards for achievement, good behaviour, or effort where pupils are invited to participate in Hot Chocolate with the Head in recognition of outstanding achievement, good behaviour or effort. Children who are lactose intolerant or vegan will be offered a non-nut, dairy-free milk equivalent. Hot chocolate may be replaced by ice lollies on hot days.
- Food and drinks provided on an occasional basis by parents or pupils

10.Curriculum

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

- PSHE
- PE
- Science
- D&T

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

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 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.

12. 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. Depending on the concern raised, support will be delivered in line with the Child Protection and Safeguarding.

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.

13. 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's eating habits.

The school will inform parents which foods are not permitted as part of packed lunches, and how they will be returned once confiscated.

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 headteacher in writing if they are concerned their child's eating habits during the school day.

14. Monitoring and review

This policy will be reviewed every three years by the headteacher and governing board, 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.