

Healthy Eating and Drinking Policy



Policy developed by Mr Grogan (Headteacher) in consultation with all staff: November 2025

Policy approved by Governors: November 2025

Theresa Taylor

Chair of Governors

Mr. Grogan

Headteacher

Policy shared with staff and shared on the school website: November 2025

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HEALTHY EATING AND DRINKING POLICY

Our school motto

Never settle for less than your best.

Our Vision

Following in the footsteps of Jesus, each member of our community will flourish as resilient, respectful and adaptable individuals prepared for life's journey. Along the way we will encourage and inspire each other to continue growing as beacons of light in our own lives and the wider world.

Our Mission Statement

St. George's Central seeks to provide quality education rooted in the Christian faith, serving the spiritual, moral, and educational needs of the community of which it is part.

Statement of intent

At St. George's Central CE Primary School and Nursery, 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 pupils, enabling them to develop a positive and independent approach to a healthy lifestyle.

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 'School food in England'
- DfE 'School food standards practical guide'
- The School Plan '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
- Pupil Equality, Equity, Diversity and Inclusion Policy
- Whole-school Food Policy
- Allergen and Anaphylaxis Policy
- Child Protection and Safeguarding Policy
- Social, Emotional and Mental Health (SEMH) Policy

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Roles and responsibilities

The governing body will be responsible for:

- Ensuring the school promotes healthy eating and drinking habits to children.
- 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.
- Managing, or appointing a member of staff to manage, the school's approach to healthy eating and drinking.
- 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.
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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 provisions are permitted in school and to ensure they can effectively monitor what children are eating.
- Encourage staff to participate in our healthy eating ethos and act as role models to children.

Healthy eating statement

The school will 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 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 children on school premises up to 6pm, including:

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- Breakfast clubs
- Mid-morning break
- After school clubs.
- Provided before 6pm on school trips where the trip is for at least seven days.

The school will encourage children 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.

Drinks

The school will teach children 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:

- Water coolers around the school.
- Water jugs placed on dining hall tables.

Staff will have access to drinking water via a water cooler in the staff room.

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

Children will be encouraged to bring bottled water with them to school. Children will be permitted to refill water bottles via water coolers 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 children 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 children.

Breaktime snacks

School provides toast and milk at playtime for children in Key Stage 1 and Key Stage 2. Should children wish to bring in their own snack, this will be a piece of fruit or vegetable.

The school **will not** permit any other snacks to be eaten at breaktime. Class teachers will contact parents/carers of children who bring in snacks that are not in line with our Healthy Eating and Drinking Policy.

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.

School lunches

All school meals will meet the national guidelines for nutritional standards and food safety regulations. Our meals are supplied by Local Kitchen 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.

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Portion sizes will be 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 will be outlined in the Whole School Food Policy.

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

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

Dining staff will monitor childrens' 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/carers via letter.

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

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.

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

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/carers 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

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 regularly monitor the contents of a child's 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 child brings a lunch that is completely inappropriate, the school will provide a replacement meal for which parents/carers will be charged. Concerns about the contents of a child's packed lunch will be dealt with appropriately and proportionately. The child's parents/carers will be contacted to remind them of the need to follow the school's policy. If a child's packed lunch continues to not be appropriate, the school will contact the parents/carers to arrange a meeting to discuss the matter further.

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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

Whole milk, rather than lower fat milk, may be provided at lunchtime.

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
- Information on school website
- Staff as role models

Allergies and dietary requirements

The school will ensure 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.

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/carers 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 the child's IHP's, including known allergies.

Mental health and wellbeing

The school understands that some children 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

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- 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 child, they will speak to the DSL and senior mental health lead, as appropriate. Depending on the concern raised, support will be delivered in line with the Child Protection and Safeguarding Policy or Social, Emotional and Mental Health (SEMH) Policy, or a combination of both.

The school will strive to protect children from developing disordered eating through a variety of methods, including the following:

- Developing social and emotional skills
- Teaching children about physical health
- Teaching children about body image

Children will be encouraged to speak to a trusted adult if they have concerns about their eating behaviour or relationship with food.

Communication with parents/carers

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

The school will regularly send healthy eating newsletters and recommendations to parents/carers.

The school will contact parents/carers if concerns are raised about their child's eating habits.

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

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

Parents/carers 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/carers will inform the headteacher via email/letter if they are concerned their child's eating habits during the school day.

Monitoring and review

This policy will be regularly reviewed annually by the headteacher and governing board, or in light of any changes to relevant legislation.

The next scheduled review date for this policy is September 2026.

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

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