



Healthy Eating and Drinking Policy 2022 - 25

This policy was approved by the Premises, Safeguarding, Health and Safety committee in November 2022. It will be reviewed every three years.

Signed: Head P.Lyall

Signed: Chair of Committee S.Freeman

Next review – November 2025

Hodnet is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment.

Safeguarding statement of intent

Safeguarding all our children is of paramount importance to us therefore, all necessary risk assessments are carried out prior to any activity. Enhanced DBS checks are carried out when recruiting new staff or volunteers. When welcoming visitors we check whether they have a DBS and carefully monitor their contact with children according to the regulated activity rules in the DBS guidelines. We are a "Safer School" and at least one member of staff and governors who are involved in the recruitment process have attended "Safer Recruitment Training." New staff are made aware of all the related Safeguarding documents including the Child Protection policy as part of the induction process and all staff receive Child Protection Awareness training regularly.

Introduction

At Hodnet Primary School we recognise the connection between a healthy diet and pupils' ability to concentrate, learn and achieve high standards in school. Therefore, as a health promoting school, we are committed to giving our pupils consistent messages about all aspects of health and encouraging and developing positive attitudes towards a healthy diet and lifestyle. We regard healthy eating as a whole-school issue and believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. We are committed to helping our pupils to understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

Aims

- To ensure pupils are well-nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To encourage all pupils to make healthy food choices.
- To ensure that food provision in school reflects the ethical and medical requirements of pupils and staff, e.g. vegetarian, religious, medical and allergenic needs.
- To provide opportunities for pupils and adults to share food as a way to build mixed age group friendships and to celebrate cultural diversity.
- To integrate the aims of Healthy Eating into all aspects of school life, in particular food provision within the school, the curriculum, pastoral and social activities.
- To ensure that this policy is both accepted and implemented by all members of the school community.

Curriculum

Children are taught about the importance of a healthy balanced diet through our progressive PSHE and Science curriculum. Further information can be found on our website or in the subject area curriculum policies. We also work with external providers such as the school nursing team, dentists and occupational therapists to build knowledge of the impact of healthy eating and exercise on our physical and mental health.

Water Provision

We actively encourage all pupils to drink water each day. Water bottles are kept in designated areas for each class and are accessible throughout the day. Children are encouraged to drink more after physical exercise and on hot days. Water is available on the tables at lunch time. WE have several drinking water taps within school that children can use to fill up their water bottles and can provide cups if a child has forgotten their water bottle. We no longer have any drinking fountains in school.

We believe that access to drinking water:

- ✓ Promotes good health and wellbeing amongst pupils, staff and other adults;
- ✓ Reduces tiredness, irritability and distraction from thirst;
- ✓ Can have a positive effect on pupils' concentration throughout the day;
- ✓ Raises awareness of the importance of adequate fluid intake as part of a healthy, active lifestyle.
- ✓ Demonstrates to parents, carers and the local community that the school values pupils' health and wellbeing.

Milk provision

We provide daily milk to all children up to the age of 5 as part of the national milk scheme. We use Cool Milk to enable this service. Parents of children over the age of 5 can purchase school milk via Cool Milk. This is encouraged in school as we are acutely aware of the benefits of drinking milk for children's health, particularly bone and teeth development.

Snacks

We encourage children to have a snack at break time to support concentration and as a way of eating 5 portions of fruit or vegetables per day. All Foundation Stage and Key Stage 1 children receive a free piece of fruit or vegetable every day as part of the Government initiative. Key Stage 2 children are encouraged to bring fresh or dried fruit or vegetables for consumption during playtimes. No other snack is allowed during break time.

During Forest Skills sessions the children will be given a biscuit and a drink alongside their campfire ritual, this can also be a toasted marshmallow with their biscuit when they have had a real fire, this is usually once per term.

Children are given a plain biscuit and/or a piece of fruit at sporting events which involve children missing their breaktime, such as the weekly swimming sessions, cross country etc.

Lunchtime food provision

School provides school meals and facilities to eat packed lunches. All children have their lunch between 11.50am and 1.00pm. All pupils use the dining hall. All children having a school meal have the opportunity to choose their meal from the full menu, including a daily sandwich choice instead of a hot meal. There is always a choice of main, a vegetarian choice, a vegetable choice and a carbohydrate choice. Fresh bread, fruit and yoghurts are available daily. Staff work with our administrator and families to ensure children's needs are met with regards to allergies, with staff making several alternatives per day to ensure all children can have a healthy school meal. All school staff have participated in allergen training. Specific dietary requirements such as vegetarians, pescatarian and religious beliefs are also catered for to ensure all pupils can enjoy a suitable healthy meal.

Lunchtime supervisors and senior leaders (Mrs Lyall/Mrs Williams) are on hand to encourage all children – both those having school dinners and those having packed lunches – to eat their meal and to offer assistance where needed. All children in the dining hall are encouraged to eat well; they are encouraged to “try” all foods chosen and praise is given for this.

Link to the food standards for schools [School meals - healthy eating standards - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

School meals

We are in the very fortunate position to have a working school kitchen on site where all our food is stored, prepared and cooked fresh daily. We employ two cooks and a kitchen assistant who work together to make and serve all the meals. All staff who prepare and handle foods hold up to date qualifications necessary to fulfil this role. We also employ a kitchen management company, WLP, to facilitate the management of our kitchen. In addition to regular audits and staff training, WLP ensure our school menu meets the national guidelines for nutritional standards. Produce is sourced locally using certified companies checked and vetted by WLP. All our fresh produce is red tractor assured and traceable. We change our menu twice a year in collaboration with children and families.

A drink of water is provided with each meal with jugs available on each table for self-service.

Packed Lunches

All children are encouraged to eat their sandwiches, wraps, pasta and other savoury foods first, then to move on to yogurts and fruit, leaving any sweeter items until last. Water only is permitted at lunchtime, children can either bring their own water bottle or use the water jugs and cups provided. Juice and fizzy drinks are not permitted. Children should not bring sweets and confectionery items as part of their lunch. Children put all their litter from their meal into their packed lunch boxes in order that parents can monitor which foods have been eaten. Children may not bring any nut products into school. This is to protect the pupils against potential allergies or intolerances.

Treats, prizes and special occasions

Staff will avoid confectionery items when purchasing prizes and treats for pupils, such as in golden box for achievement assembly. However, at Christmas, Easter and the end of the school year, a small amount of chocolate may be given, e.g. chocolate Santa's or Easter bunnies. Children with special diets, e.g. anaphylactic, diabetics or those with other allergies or intolerances will always be considered.

Sweets given out by children for their birthdays or other celebrations will be discouraged but are permitted. Children will not eat this on school site, instead they will be taken home for parents to decide when/if the child may have them.

Before and After school provision

Pupils have access to a healthy range of breakfast and after school foods. Water and milk are available every day. See separate policies for details. All staff who prepare and handle foods hold up to date qualifications necessary to fulfil this role.

Partnership with Parents and Carers

Hodnet school is aware that the primary role in children's healthy eating education lies with parents and carers. However, the school has a very important role to play and should lead by example. We will:

- ✓ Keep parents informed about healthy eating policy and practice through our newsletter and website.
- ✓ Take seriously and respond to any issue which parents/carers raise with teachers, head or governors about this policy and practice in school.
- ✓ Share with parents/carers information about the best practice known with regard to healthy eating so that they can support the key messages being given to children at school.
- ✓ Remind parents regularly about the desirability of their child/ren having a bottle of fresh water every day and those children in Key Stage 2 having a healthy snack of fresh/dried fruit or vegetables.
- ✓ Ask parents or carers of children who are on special diets for medical or religious reasons, or children with allergies, to provide as much information as possible about suitable foods.

This policy will be reviewed every three years by the Premises, Safeguarding and Health & Safety committee.