



Kings
Education
Trust



HEALTHY EATING & DRINKING POLICY

APPROVED: APRIL 2024

REVIEW: April 2027

1. Introduction

At Waterside Primary Academy, we want all our children to learn how to live a healthy and active lifestyle. We believe that educating our children about consuming a balanced diet is vital in developing healthy lifestyles whilst at the school, and as they progress in life.

2. Aim of Policy

The purpose of this policy is to explain:

- Why children need to eat well.
- What children eat today shapes how they'll eat for the rest of their lives
- Too many children aren't getting enough of the right foods to eat – and too little of the foods that help keep them healthy
- When children eat better, they do better – they're in better shape to reach their full potential
- Being able to cook is an essential life skill: it all starts with getting children excited about food
- Eating good food is one of life's real pleasures: every child should know how it feels to enjoy a tasty meal with people you love.

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/why-kids-need-to-eat-well/>

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events.

3. Why a policy is needed?

At Waterside Primary Academy, we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

We aim to ensure that healthier food and drink is provided at all times of day, taking account of individual needs (e.g. cultural, ethical, medical), reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school.

This policy explains:

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices
- Our approach to improving pupils' health through healthy eating.

We aim to:

- Increase knowledge and awareness of a healthy diet through workshops and our PSHE and Science curriculum.
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day
- Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day.

Responsibility:

- It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices:
- Senior Members of staff lead on the development and monitoring of Health Education and its implementation and liaise with the caterers, food servers and lunchtime meals supervisors.
- The subject leaders of PSHE, PE and DT are jointly responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident through our PSHE (Jigsaw), DT and enrichment planning within our Pathways Topics.
- The lead governor on health and safety ensures the policy is implemented.
- Caterers and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.
- Parents receive the catering menu for the term and this is shared with the children in advance. The office staff ensure that this is loaded onto ParentPay and meal bookings are made by midnight every Thursday for the following week.

This school policy also takes account of national guidance produced by the School Food Plan and Change4life.

4. Food in the curriculum

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE, PE, Pathways and other enrichment opportunities. We ensure that pupils are taught cooking from Reception up to Year 6, in line with the National Curriculum, developing their understanding in food related issues including food hygiene and safety issues. All food preparation is healthy.

5. Linked Policies

This policy will contribute towards other policies in the following ways:

- **Behaviour:** Children who eat healthily are more focussed on their work and behaviour is better
- **PSHE & RSE:** Healthy food and choices and practical food education is included in the curriculum
- **Equality:** We take account of the needs of all our children, including those with disabilities and allergies
- **Curriculum assessment:** Children's learning about healthy eating is assessed in line with the school's assessment policy through science, PSHE, Pathways and enrichment opportunities.

6. School lunches

All our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standards. A copy of the weekly menus are on display on the school website, in the Dining Room and is sent home, via email, termly. The menu is also available via the School Office, if required. The dining area has a calm and positive atmosphere where children socialise, serve each other and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, we encourage all parents to take free school meals, where there is an entitlement.

7. Packed Lunches

This applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours and ensures that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools which is in line with The School Food Standards.

Packed lunches must not include:

- Snacks such as crisps. Instead, seeds, vegetables, oven baked crisps*/vegetables and fruit (with no added sugar or fat).
- Confectionery such as chocolate bars, chocolate-coated biscuits, sugar coated biscuits, chocolate spread, fruit winders, and sweets. Plain biscuits with a few chocolate chips are permitted.
- Meat products such as sausage roll, Peperami, individual pies, corned meat and sausage/chipolatas should be included only occasionally*.
- Fizzy drinks or drinks with added sugar. Only water is permitted.

* Note: any item that is marked 'red' in any areas of the Food Traffic Light system are not permitted in school. See section 8 below.

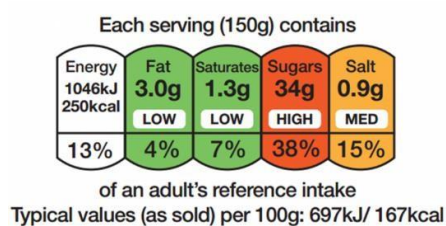
Children eating a packed lunch will be provided with a plate and cutlery for their meal.

These expectations are monitored by lunchtime staff, who communicate with parents when necessary. In cases of repeated concerns, these are communicated and logged through the school's safeguarding procedures.

8. Food Traffic Light System

To make this policy fair for all, we use The Food Agency's Traffic Light system to identify which items are/are not permitted to be consumed in school.

Examples:



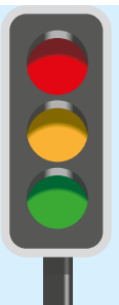
A food item with this label would not be allowed in school.

This is an image of the traffic light label found on some foods. The traffic light label is colour coded and shows that green is low in a particular nutrient, amber means medium and red is high in a nutrient.

- **Red** means the product is high in a nutrient and you should try to cut down, eat less often or eat smaller amounts.
- **Amber** means medium. If a food contains mostly amber, you can eat it most of the time.
- **Green** means low. The more green lights a label displays, the healthier the food choice is.

We note that some products do not contain this coloured system. In these situation, we will apply the table below to identify its suitability for school:

	LOW	MEDIUM	HIGH	
	Per 100g	Per 100g	Per 100g	Per portion
Fat	3.0g or less	3.0g - 17.5g	More than 17.5g	More than 21g
Saturates	1.5g or less	1.5g - 5.0g	More than 5.0g	More than 6.0g
(Total) Sugars	5.0g or less	5.0g - 22.5g	More than 22.5g	More than 27g
Salt	0.3g or less	0.3g - 1.5g	More than 1.5g	More than 1.8g



We are aware that sometimes it saves money to bulk buy items and pack them into smaller bags. In these situations, staff will make a judgement call on if these items are permitted. We hope that all parents will support us with this and ensure that this is not used as a way to allow children to bring unhealthy foods into school.

We have provided a 'School Food Crib Sheet' to assist you with selecting appropriate food for your children. See Appendix A.

9. Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers must inform the office in writing of the reasons why the rules above cannot be met and provide medical evidence. We assess these on a case by case basis. For these reasons, pupils are also not permitted to swap food items.

10. Packed Lunch Containers

- Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period.
- Pupils and parents/carers are to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles. Where possible, we encourage the use of eco-friendly packaging (e.g. paper straws instead of plastic straws).
- Foods are at risk of bad bacteria if they are prepared and stored in warm temperatures, so it is advised that an ice pack is included in the food container.

11. Monitoring packed lunches

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy.

12. Snacks

Our Nursery, Reception, Year 1 and Year 2 classes include a morning break time snack of fruit or vegetables. Milk is provided free for under-fives and is available at cost for those over five in the rest of these year groups.

As part of promoting healthy eating, children are encouraged to eat the fruit and vegetables. Children are given responsibility for passing the fruit to others and for helping to clear it away.

In Years three to six, children are encouraged to bring in fruit (fresh or dried) or vegetables for playtime. Furthermore, tube yoghurts are also allowed (e.g. Frubes). These are the only options allowed. Fizzy drinks, sweets, crisps and chocolate biscuits are not allowed in school or on school trips.

When participating in school-organised swimming lessons, children are permitted to bring a fruit or vegetable snack to eat whilst off-site. Furthermore, these snacks may also be provided for children who are attending after school clubs.

13. Breakfast club – 'The Breakfast Bunch'

We have a Breakfast club at Waterside Primary Academy that starts at 8am daily. This was created to:

- Provide food for children of families that have an early start to their day
- Improve pupils' education: if a child misses out on breakfast they may suffer from tiredness, a lack of concentration, poor behaviour or learning issues by mid- morning.
- Meet the social needs of children and improving social skills in a relaxed environment and with children of varying ages
- Improve the punctuality of some children who were frequently late

- Improve links between parents and school and children and class teachers

The club offers a calm, clean, pleasant environment for children to eat a healthy breakfast and to socialise with other children and adults.

This club is offered free of charge for all Pupil Premium children and at a low cost (£2 per session) for everyone else. In order to support larger families, a sibling discount is available.

14. Afterschool Club – ‘Night Owls’

We also provide wraparound care until 5.30pm every evening. Healthy snacks will also be provided in this club that follow this policy. For further information about this club, please contact the school office.

15. Nuts in School

We are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which ‘may contain nuts’ in packed lunches or any other food brought into the school. Children with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions.

16. Partnership with parents and carers

We inform and involve parents and carers about healthy eating through the school website and other lines of communication. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned.

Parents and carers are updated on our policies through email and on the school website. We ask parents and carers not to send food or drinks which conflict with our food policy and we remind them that only water can be consumed during lunch time.

During out of school events such as trips and swimming lessons the school will encourage parents and carers to consider the food policy and packed lunch policy in the range of food and drinks offered. Parents are also informed of the school meals on offer through the weekly menu which is sent out to each family.

17. Events and Celebrations

We want to give children the opportunity to celebrate their birthdays but in order to reduce the amount of high fat, sugar and salt foods children eat, we ask that parents and carers do not to send in birthday cakes or foods that do not comply with our food policy. If parents want to bring something in to celebrate birthdays we will ask that healthy foods such as fruit are brought in instead. Small gifts (e.g. rubbers, pencils, toys etc.) are also permitted.

On occasions, the school may provide treats for children. For example, we may provide children with a treat to celebrate a religious festival or particular achievement. However, we will ensure that this happens no more than once per term. Should you wish to contribute to this treat, please contact the school office. In previous years, we have, for example, given every child an advent calendar or Easter egg as a one-off treat.

18. Water for all

During school meal times only water can be consumed. If children bring in a any other drink they will be asked to take it home and water will be provided for them - we will talk to parents and carers and remind them of the food policy.

We have drinking water taps in numerous locations in the school and children are encouraged to drink water regularly throughout the day and have water bottles in class. Every child must bring a water bottle every day – this must be clearly named. Cooled water is available to staff and visitors in the staff room.

A full copy of this policy is freely available to parents on request. Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in its delivery.

19. References and further reading

- Balance of Good Health (Food Standards Agency 2001)
- School food plan (www.schoolfoodplan.co.uk)

20. Monitoring and Evaluation

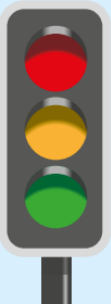
The implementation of this policy is monitored by the Headteacher.

The success of this policy will be evaluated by considering feedback from pupils, teachers, support staff and parents. This policy will be reviewed through consultation with staff and revised every two years for the Local Governing Body to approve.

Appendix A – School Food Crib Sheet

We want all children in school to eat healthy items. Therefore, the sheet below will give you a quick overview of the items permitted.

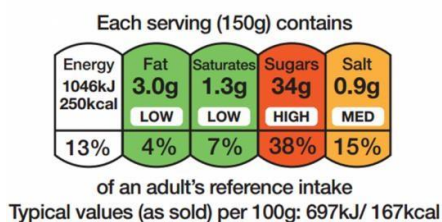
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Salt	0.3g or less	0.3g - 1.5g	More than 1.5g	More than 1.8g



The Food Agency's Traffic light system is used at our school to identify foods which may be consumed in school. Any food with a 'Red' grading in any one nutrient category is not permitted at Waterside.

Examples:

Not permitted:



Permitted:



	Permitted	Not Permitted (Examples)
Drinks	Water Only	Any other drink.
Snacks	Fruit/Raisins Vegetables Yoghurts (e.g. Frubes)	Any other Snack e.g. Babybel, Fruit winders, Peperami...
Lunches	Sandwiches/wraps Oven Baked Crisps Rice/pastas Salads/Fruits/Vegetables	Processed meat products (e.g. Fridge Raiders) Crisps

Note: This list is not exhaustive and should give examples for each category. Foods marked as 'Permitted' above must still follow the Traffic Light system above.

No nuts are allowed at Waterside Primary Academy.

Parents are responsible for providing healthy food for their children at school. Staff have the responsibility to ensure this policy is followed in school and items which do not follow our policy will be returned to parents. We will provide children with a healthy snack in return.

We hope you will join us in supporting all our efforts to promote healthy eating and lifestyles for children at Waterside Primary Academy.