



Our Lady of Lourdes Catholic Primary School



*Loving like Mary,
Serving like Mary,
Learning like Mary,
Believing like Mary*

Healthy Eating and Drinking Policy

Date	Review Date	Coordinator	Nominated Governor
July 2025	July 2026	S. Nutman	

Contents:

Statement of intent

At **Our Lady of Lourdes Primary School and Nursery**, 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, 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 (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'

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.
- 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.

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.

Healthy eating statement

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 pupils on school premises up to 6pm, including:
 - 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 pupils 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 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:

- Water Coolers in school
- Water jugs placed on dining hall tables.

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 – squash or juice are not allowed because of their sugar content. Pupils will be permitted to refill water bottles via water coolers during the school day.

Water and milk will 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.

In nursery, the school understands the importance of healthy development for pupils under the age of five in an early year 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.

Breaktime snacks

At our school we will encourage pupils to eat a snack at breaktime. The school takes part in the 'free fruit and veg' scheme which allows us to offer children in Reception, Year 1 and Year 2 a free fruit or vegetable for their morning snack.

To support parents of nursery children to provide a snack for their child and so reduce childcare costs we are reviewing our guidelines for healthy snacks so that all children at our school including the youngest follow a healthy approach to snacking whilst in school.

We are also aware of the need to minimise the risk of allergens for some of our pupils and following our healthy eating questionnaire we ask that the products children bring into school are healthy and free from nuts. In particular products that contain nuts, or are labelled may contain peanuts cannot be brought into school.

The school is also aware of the need to reduce packaging to promote sustainability and reduce litter and so we ask that parents consider the environment when supplying breaktime snacks providing reusable containers wherever possible.

As part of our healthy eating ethos, we ask that snacks are

Vegetable sticks – such as celery, cucumber, peppers or carrot

A piece of fresh or dried fruit - such as pineapple, mango, kiwi, plain raisins, apricots, blueberries, banana slices

Bread sticks, plain pretzels, banana bread, malt loaf, oat/rice cakes and small pitta breads

Homemade snack - flapjacks or other oat/whole grain-based snack

A piece of cheddar cheese or babybel

School lunches

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

The school will provide pupils with drinking water or semi-skimmed milk 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, the school will notify their parents .

Pupils 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 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 or semi-skimmed or skimmed milk

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 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 parents will be contacted to remind them of the need to provide a nutritious lunch in line with 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.

Parents Providing Warm Food in Flasks

Parents often provide warm lunches in flasks for lunch. Whilst there are obvious advantages of providing a lunch in a flask, the school wishes to raise the following concerns which we would like parents to consider when sending a flask into school with their child.

Can the child open the flask independently and reach the food inside the flask by themselves? Unfortunately, the number of children eating lunch and the number of staff supervising the children means that staff cannot always help a child to open flasks and reach the food.

Can the child manage the contents of the flask? Sometimes staff see that children cannot manage the food they have been given e.g., removing chicken flesh from chicken bones

Is the temperature of the food safe for the child and other children sitting at the table so that they will not be burnt by the contents? Particularly when children struggle to open flasks there is the concern that food will be spilt over other children.

Is the quantity of food the right proportion for the age of the child? Sometimes large portions of food mean that children do not get as much free time to play as they need.

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

For nursery and reception children 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
- Sending school menus home
- Staff as role models

Allergies and dietary requirements

The school will ensure the correct food safety measures are in place, in line with the [Allergy at School Policy.docx](#) and the Health and Safety Policy, to protect pupils with known allergies, intolerances, anaphylaxis, diabetes and other medical conditions associated with diet.

Parents will be required to 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 design 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.

Mental health and wellbeing

The school understands that some pupils may develop disordered eating. Staff will be trained to identify potential signs of concern. If a member of staff has a concern about a pupil, 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 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.

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 if there are concerns about their child's packed lunch.

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 a class teacher if they are concerned about their child's eating habits during the school day.

Monitoring and review

This policy will be 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 [date](#).

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