



Hopping Hill Primary School
and Nursery

Healthy Eating and Drinking Policy

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Approved by	<i>Standards and Well-being committee</i>
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Statement of intent

At Hopping Hill Primary School and Nursery, we 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, our catering will uphold high 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 (2021) 'School food in England'
- DfE (2021) 'School food standards practical guide'
- The School Plan (2014) '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
- Inclusion Policy
- Child Protection and Safeguarding Policy

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.

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.

- Encourage 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. veganism, 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

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

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

Hopping Hill Primary School encourages pupils to understand 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 day. This will be available via:

- Drinking fountains around the school
- Water jugs available in the dining hall during lunchtimes.
- Taps labelled 'drinking water'.

Staff will have access to drinking water via taps and water coolers in areas around school.

The school will encourage pupils to consume extra fluids on hot days and when taking part in physical activity e.g. PE and sports days.

Pupils are asked to bring their own named bottle and we encourage that they are filled only with water. Pupils are permitted to refill water bottles during the school day. A drink of well diluted squash or fruit juice may be brought in for children to have at lunchtime.

Hopping Hill Primary School and Nursery does not permit fizzy drinks and these items would be confiscated and returned to parents at the end of the school day.

Parents are directed to the National Milk Scheme if they would like their child to receive a drink of milk throughout the day. School will ensure that the children who are a part of the scheme receive their milk as allocated.

Before and After school provision

Pupils will have access to a healthy range of breakfast and after school foods. At breakfast club water and milk will be available every day and at after school club the children will be encouraged to drink water.

Breaktime snacks

The school will encourage pupils to eat a snack at breaktime. As part of our healthy eating ethos this snack will consist of fruit (this may be fresh or dried) or raw vegetables only.

The school will not permit any other snacks to be eaten at breaktime. If other snacks are brought into school by a child then the class teacher will remind parents of our school policy at the end of the day. If a child continues to bring in items other than fruit and vegetables for snack then they will be not permitted to eat them.

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.

As well as fruit and vegetables the children in Early Years will also have other healthy options for their snacks such as breadsticks, toast, crackers.

School lunches

All school meals will meet the national guidelines for nutritional standards and food safety regulations. Our lunches are supplied by a catering company and prepared by fully trained catering staff. Information regarding the company that we use can be found [here](#).

Fruit, vegetables or salad will be available as an option for all meals.

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.

Dining staff will monitor pupils' food intake during lunchtime. If a member of staff has any concerns, 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.

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

Packed lunches

Hopping Hill Primary School recognises the importance of parental choice and the decisions they make when providing the children with a packed lunch. The school's aim is to provide parents with the information needed to make healthier choices with regards to the lunches they provide for their children.

This will be encouraged by:

- Dojo updates
- Lunchbox leaflets
- Leaflets distributed for new parents on open days.
- School sports newsletters
- Change4Life leaflets and recipes.
- Recipes available when Let's Get Cooking Club cooks for events such as parents' evenings.

In line with the School Food Standards, we will suggest that packed lunches 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, fruit juice, semi-skimmed or skimmed milk, yoghurt drinks or smoothies

We do not allow:

- Fizzy drinks
- Sweets
- Energy drinks

At Hopping Hill Primary School we recognise that there are children whose family circumstances may make these choices challenging however we will continue to offer affordable ideas and support in order to help families maintain healthier eating choices.

Exemptions

Hopping Hill Primary 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, sporting events.
- Provisions at fund-raising and school events.
- Treats as occasional rewards for achievement such as earning an invitation to the Head Teacher's Tea Party
- Provisions used when teaching food preparation and cookery skills.
- Children, staff and visitors with specific medical needs.

Children will **not** be permitted to bring in sweets to celebrate their birthdays as school will encourage alternative ways to make children feel special on their birthday.

Curriculum

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

- PE
- Science
- D&T

The school will also 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 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.

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 food technology lessons, will be planned in accordance with pupils' Individual Healthcare Plans, accounting for any known allergies of the pupils involved.

Treats for effort or good behaviour will be awarded in accordance with pupils' Individual Healthcare Plans, including known allergies.

Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school and children with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions. We cannot guarantee that all food products brought into school are nut free however we ask that parents support us by not sending any products containing nuts into school.

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 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.

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, email or Class Dojo communication.

The school will send healthy eating information and recommendations via Class Dojo posts.

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

The school will inform parents via letter, email or Class Dojo communication which foods are not permitted as part of packed lunches.

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

Monitoring and review

This policy will be reviewed every two years 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. February 2026

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