

Sacred Heart Hindsford R.C. Primary School

Healthy Eating and Drinking Policy



Policy written by I. M^cDermott

Head Teacher

Spring Term 2026

Policy shared with staff: Spring Term 2026

Policy shared with parents: Spring Term 2026

Implementation

Spring 2026

With Christ as our guide, we inspire and thrive

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Statement of intent

At **Sacred Heart RC Primary School**, 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, 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.

Useful Links

- [NHS Healthier Lunchbox Recipes](#)
- [BBC Good Food School Lunch Box Recipes](#)
- [NHS Eatwell Guide](#)
- [Nutrition for Children](#)
- [Healthy Eating – Be Well – Wigan – General Information](#)

[Updated] 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'

[Updated] 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
- School Food Policy
- [New] Child Protection and Safeguarding Policy
- [New] Social, Emotional and Mental Health (SEMH) Policy

[New] 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.
- 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

The school will use healthier cooking methods to contribute to healthy eating where possible, 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 nutritional standards set by The School Food Plan in 'School Food Standards: A practical guide for schools, their cooks and caterers', which are outlined in the School Food Policy.

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 fountain around the school.
- Water jugs placed on dining hall tables.
- Taps highlighted as 'drinking water'.

Staff will have access to drinking water via the **water fountain**.

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. Pupils will be permitted to refill water bottles via the **water fountain** 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. The school will not permit energy drinks (Prime, Monster, Red Bull etc...). These items **will be confiscated by staff and returned to the pupil at the end of the school day**.

Breaktime snacks – One snack only

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.

The school will encourage pupils to eat **a snack** at breaktime. As part of our healthy eating ethos, we encourage pupils to bring in fruit or items without added sugar or salt. Please avoid bringing in items containing nuts (allergens and medical needs of pupils in school).

Toast provided by school will be buttered using low fat butter or margarine. Children in EYFS will be offered a half slice of toast. On those days where toast is not available, a healthy alternative will be offered.

The school **will not** permit crisps, large chocolate bars or family sized snacks to be eaten at breaktime. Snacks that are not in line with our Healthy Eating and Drinking Policy will be **confiscated by staff and returned to the pupil at the end of the school day**. These pupils will be offered a piece of school fruit as an alternative.

School lunches

All school meals will meet the national guidelines for nutritional standards and food safety regulations. Our meals are prepared on-site by fully trained catering staff.

School meals will include **two** portions of fruit, vegetables or salad per meal.

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.

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

The school will provide pupils with drinking water, sugar-free / vegetable fruit juice, or sugar free cordial with their meal. Additional water will be available.

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 via email.

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 three portions of deep fried, battered or breaded food a week (unless part of a medical sensory diet).

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 should 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, it is advised that parents prepare packed lunches which should 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
- Water, sugar free fruit juice, sugar free cordial, semi-skimmed or skimmed milk, yoghurt drinks or smoothies

If you are sending in a 'warm' packed lunch, please ensure that the item will have cooled by lunch time and that your child is able to independently open the container. The container should be marked as containing a hot product too. Don't forget to include the child friendly / appropriate cutlery. **Sharp knives are not permitted.**

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
- Energy drinks such as Prime, Monster, Red Bull

Staff will monitor regularly the contents of pupils' 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 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 parent will be contacted via email to remind them of the need to follow 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.

Exemptions

The school recognises the following exemptions to the Healthy Eating and Drinking Policy:

- Drinks required as part of medical treatment – advice of doctors / nurses
- 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

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:

- Website – signpost support offered by Wigan Healthy Schools Team
- School assembly
- Guest speakers
- Sending school menus home
- Newsletters
- 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 School Food Policy.

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 catering team 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 pupils' IHP's, including known allergies.

[New] 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 or member of the SLT 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 email.

The school will send healthy eating newsletters and recommendations to parents when appropriate and available.

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

The school will inform parents via email. which foods are not permitted as part of packed lunches, and how they will be returned once confiscated.

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

Monitoring and review

This policy will be reviewed bi-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 Spring Term 2028.

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