



Alston Lane Catholic Primary School and Nursery

Healthy Eating and Drinking Policy.

Statement of intent

At Alston Lane Catholic Primary School and Nursery, we will support pupils to eat healthily and keep hydrated whilst 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.

Legal framework

This policy has due regard to all relevant legislation and statutory guidance.

This policy operates in conjunction with the following non-statutory guidance:

- DfE (2023) 'School food standards practical guide'

This policy operates in conjunction with other school policies and recommended procedures.

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.

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. veganism and 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, such as:

- 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 national nutritional standards. These are overseen by Lancashire County Council, who staff and manage the school's catering service.

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 embed 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:

- Drinking fountains
- Drinking water available from classroom taps
- Welfare staff and 'buddies' offering water and additional drinks to children at lunchtime

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 are permitted to refill water bottles via drinking fountains and classroom taps 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 to be consumed at mealtimes.

The school understands the importance of healthy development for pupils under the age of five in an early years 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. Older children can also receive daily milk through the school's relationship with Cool Milk.

Breaktime snacks

The school will encourage pupils to eat a snack at break time, as part of our healthy eating ethos. This will be a piece of fruit or vegetable without added sugar, fat or salt. The school kitchen supplies daily toast for an additional charge.

The school will not permit any other snacks to be eaten at breaktime. Snacks that are not in line with our Healthy Eating and Drinking Policy will be strongly discouraged.

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 or afternoon breaktime.

School lunches

All school meals will meet the national guidelines for nutritional standards and food safety regulations. Our meals are supplied by Lancashire County Council and are prepared by fully trained catering staff.

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 or semi-skimmed milk with their meal. Additional water and milk will be available on request from the welfare staff.

Welfare 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, or in person.

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, chocolates or sweets.

School meals will not include more than two portions of deep fried, battered or breaded food a week.

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 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, at least once every three weeks
- Only water or sugar free drinks

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 monitor regularly the contents of pupils' packed lunches to ensure they are healthy and balanced and comply with this policy. If a pupil bring food items that are inappropriate, the school will communicate with the child's parents to guide them and 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:

- Food, drink and treats at parties or celebrations to mark religious or cultural occasions
- Provisions at fund-raising events
- Treats as rewards on special occasions. E.g Christmas Nativity and Carol Concert
- Provisions used when teaching food preparation and cookery skills, including where the food is served to pupils as part of a school lunch

Alston Lane Catholic Primary School and Nursery operates a policy of not allowing any cakes, sweets or other food items to be given out by children on birthdays or other occasions. Any items brought in by children or parents will be returned.

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
- Design & Technology

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 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. Alston Lane Catholic Primary School and Nursery is a NUT FREE school. As such, no products containing nuts should be brought in packed lunches.

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.

Lancashire County Council will be responsible for ensuring that the school's policies are adhered to at all times in the school kitchen, 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' Health Care Plans, accounting for any known allergies of the pupils involved.

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 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 email.
- The school will send healthy eating menus in line with Lancashire County Council catering team.
- The school will inform parents via email if concerns are raised about their child's eating habits.
- The school will inform parents which foods are not permitted as part of packed lunches should they be seen during monitoring.
- 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 headteacher via email if they are concerned their child's eating habits during the school day.

Alston Lane Nursery has a specific addition to this policy, seen in appendix 1.

Monitoring and review

This policy will be reviewed annually by the headteacher and governing body, or in light of any changes to relevant legislation.

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

May 2024

Appendix 1

Nursery Provision

Alston Lane Nursery admits children from two years of age and offers sessional provision including lunch.

Alston Lane Nursery has specific advice and precautions in place, regarding the consumption of food and drink, in order to keep children safe.

Packed Lunches:

- It is the responsibility of the parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period.
- Parents and carers should buy containers and packaging that encourage independence and are easy for children to open and reseal.
- Nursery will provide a storage area for lunch bags, in the most convenient and appropriate place possible. However the nursery cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.
- Nursery will not warm up any food that is brought in from home, as this may cause hot spots in the food item which may cause injury.
- Additional drinks are not to be included in a packed lunch. Children will use their water bottles, which readily available throughout the day.
- Parents should provide a suitable amount of food for their child, without over-facing them. Please see page 3 of the policy for guidance on what to include in a healthy packed lunch.
- Children will be allowed to eat their lunch in any order. The reasoning behind this is to encourage healthier eating habits for our children. The savoury foods should not be seen as something the children have to endure so that they can be rewarded with a 'sweet treat'.
- Nursery staff will speak to parents and carers if they are concerned about their child's packed lunch.
- Certain foods have an increased chance of becoming choking hazards. Grapes, cocktail sausages, small tomatoes and other similar items must be cut up, if they are to be included in lunchboxes.

School Lunches:

- Staff will help children to cut up their food where this is necessary.
- Please see page 3 of the policy for additional information on the school's approach to school lunches.