



# HEALTHY EATING AND DRINKING POLICY

## **Value Statement (who we are):**

Coombe Hill Infants' School is an inclusive, community school with a strong tradition of mutual respect and tolerance within a nurturing family environment. We provide an outstanding education for all children.

## **Vision Statement (what we strive for):**

Our vision is to develop strong minds, bodies and spirit in preparation for life. We sow the seeds of curiosity, enthusiasm and resilience to ensure all children continue to delight in their lifelong love of learning.

**Statutory: No**

**Responsibility: Headteacher**

**Reviewed : Spring 2026**

**Next review date:Spring 2029**

**Governor Committee: Children, Community and safeguarding**

## ***"Safeguarding is everyone's responsibility"***

**Coombe Hill Infants' School complies with the relevant legal duties as set out in the Equality Act 2010 and the Human Rights Act 1998; we promote equality of opportunity and take positive steps to prevent any form of discrimination, either direct or indirect, against those with protected characteristics in all aspects of our work.**

## **Statement of intent**

At Coombe Hill Infant School and Coombe Connections 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.

### **1. 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
- Early Years Foundation Stage (EYFS) statutory framework (2024)
- EYFS nutrition guidance (statutory from September 2025)
- Equality Act 2010

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
- Medical Conditions and Administration of Medicines Policy
- Inclusion & Equal Opportunities Policy
- Equal Opportunities Policy
- SEND & Disability Policy
- First Aid Policy
- Child Protection and Safeguarding Policy
- Relationship & Health Education Policy
- EYFS Policy

- Accent Catering Service Level Agreement

## 2. 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
- Receiving regular reports from the senior leadership team on:
  - Compliance with food standards
  - Take-up of school lunches
  - Financial aspects of food provision
  - Any concerns raised by parents or staff
  - The effectiveness of our healthy eating approach

### **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
- Ensuring the governing board receives regular compliance reports
- Working with Accent Catering to ensure all requirements are met

## 3. 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

### 3a. Early Years Foundation Stage (EYFS) Nutrition Requirements

As a school with children in the EYFS, from September 2025 we must take into account the requirements of the Early Years Foundation Stage nutrition guidance. This is a requirement within the safeguarding and welfare section of the EYFS framework.

In addition to complying with the school food standards, we will:

#### **Portion sizes**

- Provide age-appropriate portion sizes for children aged 1-5 years
- Ensure portions support healthy growth and development without encouraging overeating
- Monitor individual children's needs and adjust portions accordingly

#### **Dietary requirements**

- Work closely with parents to understand and accommodate individual dietary needs
- Maintain clear records of all dietary requirements, allergies, and intolerances
- Ensure all staff working with EYFS children are aware of specific dietary needs
- Review dietary requirements regularly with parents

#### **Communication with parents**

- Share information about what children eat during the school day through:
  - Daily communication via our parent communication system
  - Termly newsletters featuring healthy eating tips
  - Individual conversations when needed
- Provide guidance to parents about healthy eating at home
- Discuss any concerns about children's eating habits or development promptly and sensitively

#### **Food brought from home**

- Provide clear guidance to parents about appropriate food for packed lunches
- Monitor packed lunches to ensure they meet our healthy eating standards
- Communicate sensitively with parents if packed lunches consistently fail to meet standards
- Offer support and suggestions to help families provide healthy packed lunches

#### **Food activities**

- Plan food preparation and tasting activities that support learning across the EYFS curriculum
- Use food activities to develop children's understanding of healthy eating
- Ensure all food activities are safe and account for allergies and dietary requirements
- Link food activities to the EYFS educational programmes, particularly personal, social and emotional development

### **Meeting the needs of all children**

- Make reasonable adjustments for children with SEND
- Ensure children with additional support needs can participate fully in mealtimes and food activities
- Adapt our approach to meet individual needs while maintaining nutritional standards
- Work with parents and external professionals to support children's specific needs

### **Allergies, intolerances, and coeliac disease**

- Follow strict procedures to prevent cross-contamination
- Ensure all staff are trained in recognising and responding to allergic reactions
- Work with parents and healthcare professionals to manage children's conditions safely
- Maintain up-to-date records of all allergies and intolerances
- Display allergy information clearly in relevant areas

### **Religious faith and beliefs**

- Respect and accommodate dietary requirements based on religious faith and beliefs
- Ensure menu options are available that meet diverse religious requirements
- Educate children about different food customs and traditions
- Work with families to ensure cultural sensitivity in our food provision

### **Cost-effective healthy food**

- Provide nutritious meals that represent value for money
- Work with our catering provider to source quality ingredients cost-effectively
- Ensure all children have access to healthy food regardless of their family's financial circumstances
- Maximise take-up of free school meals for eligible families

## **4. 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

All menus will be developed in accordance with the nutritional standards set by The Requirements for School Food Regulations 2014. These regulations are compulsory for all maintained schools and cover all food and drink we provide pupils on and off school premises up to 6pm, including school lunches, breakfast clubs, tuck shops, mid-morning breaks, vending machines, and after school clubs.

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.

## 5. 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 around the school
- Water jugs placed on dining hall tables
- Taps labelled 'drinking water'

Staff will have access to drinking water via a water cooler in the staff room.

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 taps labelled drinking water during the school day.

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 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 on request, free of charge, once per day, for all pupils under the age of five. This supports the EYFS nutrition guidance requirements for children in our early years provision.

## 6. Breaktime snacks

The school will encourage pupils to eat a snack at breaktime. As part of our healthy eating ethos, this will be a piece of fruit or vegetable without added sugar, fat or salt.

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 break time.

## 7. School lunches

All school meals will meet the national guidelines for nutritional standards and food safety regulations. Our meals are supplied by Accent Catering and prepared 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 with their meal.

Dining staff will monitor pupils' food intake during lunchtime by allowing them only to leave their table once they are finished eating a suitable amount for the child.

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 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.

Breakfast club offers cereal, toast, brioche, croissants, fresh fruit, yoghurt and a drink and After School club offers a light tea with fresh fruit and vegetables.

### **Monitoring compliance:**

- We specify compliance with the food standards in our contract with Accent Catering
- Accent Catering supplies evidence of compliance that we present to our governing board
- We evaluate our provision against the standards regularly
- We use compliance checklists to ensure we meet all requirements
- The headteacher meets with Accent Catering representatives termly to review provision

## 8. 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, fruit juice, semi-skimmed or skimmed milk, yoghurt drinks or smoothies

Snacks in packed lunches will comply with this policy. The following food and drink are not permitted:

- Confectionary items such as sweets or chocolate
- Food containing nuts
- 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. 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.

Concerns about the contents of a pupil's packed lunch will be dealt with appropriately and proportionately. The pupil's parent/s will be contacted 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 support the family further.

## 9. 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

## 10. 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 from Accent Caterers
- Fun, Fitness & Food Weeks
- Sending school menus home
- Staff as role models

## 11. Allergies and dietary requirements

The school will ensure the correct food safety measures are in place, in line with the Medical Conditions and Administration of Medicines Policy 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.

We must list ingredients on food that's prepacked for direct sale (PPDS) on our school premises. This covers food that's packaged at our school and in this packaging before it's selected or ordered by pupils or staff. The package or label must include:

- Name of the food
- List of ingredients
- The 14 allergens required to be declared by law, emphasised within it

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.

For occasional, small-scale charity cake sales, it's good practice to make sure all food sold at these events is properly labelled to help customers make safe choices. It's also important to make sure pupils with allergies aren't excluded from these events.

## 12. 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:

### **Behavioural signs:**

- Avoiding eating around other people
- Eating very slowly or very little
- Going to the bathroom soon after eating

- Becoming socially withdrawn and isolated
- Not participating in physical activities

**Physical signs:**

- Thinning hair
- Dry skin
- Wearing baggy clothes
- Often saying they are cold

**Emotional signs:**

- 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 or Relationship and Health Education Policy, or a combination of both.