



# OVERCHURCH INFANT SCHOOL

## Whole School Food and Healthy Eating and Drinking Policy

Approved by FGB:	
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Signed:	Headteacher
Signed:	Chair of Governors

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## **Statement of intent**

At Overchurch Infant School, it's important to us that pupils eat healthily and drink plenty of fluids 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**

1.1. 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
- Food Safety Act 1990
- School Standards and Framework Act 1998

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

- DfE (2019) 'School food in England'
- The School Food Plan (2015) 'School Food Standards: A practical guide for schools, their cooks and caterers'

1.3. This policy operates in conjunction with the following school policies:

- Health and Safety Policy
- Supporting Pupils with Medical Conditions Policy
- Equality Policy

## **2. Responsibilities**

2.1. The Governing Body recognizes the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. They also recognize the role a school can play, as part of the larger community, to promote family health, and sustainable food and farming practices.

2.2. The Governing Body recognizes that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

## **3. Rationale and Approach**

3.1 Overchurch Infant School is a healthy school. The educational mission is to improve the health of the entire community by teaching pupils and families' ways to establish and maintain life-long healthy eating habits. The mission shall be accomplished through a pupil centred food service that takes account of all legislative and practical needs.

All stakeholders will play a major part in the overall success of our foodservice through an absolute focus on fresh appetising and popular food, served by a motivated and well-supported catering team working in harmony with pupils and staff. Our decision to transfer services to 'In-House' status in 2015 was geared to give the School greater control of policy

and through this to improve food standards. In doing so, we recognised our obligations to adhere to current, pending and planned guidelines relating to school meals and recognised that, in their adoption and introduction, due account and consultation will take place with all stakeholders to understand the consequence of any change.

Since 2015 our food offer and service strategy has surpassed legislative requirements and has 'maximum consumption of healthy food' at its core. Into the future we will protect this custom as a priority and all means at our disposal will be used to dissuade pupils from eating off site or bringing in unhealthy foods.

To this end we will adhere to and embrace all legislation geared to improving the healthy status of foods consumed. Where blanket legislation results in outlawing the service, we will find means of achieving the aims of the legislation whilst adhering to the spirit. This may not match the letter of current legislation but it more than meets the intent behind the legislation. A portfolio and evidence record will be maintained to demonstrate achievement of the legislative aims and turnover levels. These will be monitored on a monthly basis.

#### **4. Aims of our Policy**

- 4.1 To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- 4.2 To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- 4.3 To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, nutritious and popular food, and a safe, easily available water supply during the school day.
- 4.4 To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- 4.5. To make the provision and consumption of food an enjoyable and safe experience.
- 4.6. To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

#### **5. Drinks**

- 5.1. The school teaches pupils the importance of drinking plenty of fluids and how hydration helps contribute to effective learning, good health and improved physical performance.

- 5.2. The school provides safe drinking water throughout the school day. This is available in each classroom and in water jugs placed on dining table in the multi function room at school meal time. Staff have access to drinking water via a water cooler in the staff room.
- 5.3. The school encourages pupils to consume extra fluids on hot days and during and after physical activity, e.g. PE and sports days.
- 5.4. Pupils are encouraged to bring bottled water with them to school. This can be consumed in the classroom, in the dining hall, and on the playground.
- 5.5. Drinks with added sugar are not available with school meals or from vending machines.
- 5.6. The school does not permit fizzy drinks in bottles or cans on the premises at any time.
- 5.7. The school understands the importance of healthy development for pupils. In line with the Nursery Milk Scheme set by the Department of Health, one third of a pint of semi skimmed milk will be offered free of charge, once per day, for all pupils under the age of five and children eligible for a free school meal. Parents are signposted to purchase milk from Cool Milk for their child once the child reaches the age of 5.

## **6. Breaktime snacks**

- 6.1. The school encourages 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.
- 6.2. The school does 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 confiscated by staff and returned to the pupil at the end of the school day.
- 6.3. In line with the government's 'School Fruit and Vegetable Scheme', a piece of fresh fruit or vegetable is available to pupils at morning breaktime.

## **7. Exemptions**

- 7.1. 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

## **8. Curriculum**

- 8.1. The school's Healthy Eating and Drinking Policy is integrated into our curriculum. This will be achieved through the following teaching areas:
  - PSHE
  - PE
  - Science
  - D&T
- 8.2. The school communicates 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

## **9. Allergies and dietary requirements**

- 9.1. The school ensures the correct food safety measures are in place, in line with the Health and Safety Policy, to protect pupils with known allergies, intolerances, anaphylaxis, diabetes and other medical conditions associated with diet.
- 9.2. Parents 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.
- 9.3. The school's in house catering service is 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.
- 9.4. Learning activities which involve the use of food, such as food technology lessons, are planned in accordance with pupils' IHP's, accounting for any known allergies of the pupils involved.

## **10. Objectives of our Policy**

- 10.1 To work towards ensuring that this policy is both accepted and embraced by all members of the school community
- 10.2 To ensure that the food and drinks service meets or surpasses government food regulations in line with our comments under rationale and approach
- 10.3 To ensure that the catering team and all associated support staff are well trained and understand the background to and importance of our school's approach to healthy eating.
- 10.4 To engage and involve all stakeholders including parents/carers and staff in activities which promote balanced eating and enjoyment of fresh local food.
- 10.5 To integrate these aims into all aspects of school life, in particular
  - Food provision within the school
  - The Curriculum
  - Pastoral and social activities

## **11. Communication with parents**

- 11.1. The school will communicate any changes and updates to this policy via the parent communication system.
- 11.2. The school will send healthy eating recommendations to parents throughout the year.
- 11.3. The school will inform parents via telephone if concerns are raised about their child not eating well.
- 11.4. The school will inform parents via parent communication system which foods are not permitted as part of packed lunches.
- 11.5. The school will involve parents in the healthy eating ethos, enabling them to provide consistent messaging about healthy choices at home.

- 11.6. 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.
- 11.7. Parents will inform the school office if they are concerned their child is not eating well during the school day.

## **12. Methods adopted**

- 12.1 Establishing an effective structure to oversee the development, implementation and monitoring of this policy, and to encourage a participatory approach to meeting the objectives.
- 12.2 Continuing to develop the catering and production facilities on a phased basis and as earlier noted, taking into account compliance with legislation, financial dictates and ongoing ability to provide the level of food choice required.
- 12.3 Ensuring maximum usage levels by continually developing the service alongside pupil groups.
- 12.4 Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food, through both education and example.
- 12.5 Create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food.
- 12.6 Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.

## **13. Summary**

This policy is part of a programme of positive change first started in 2015 when we moved from a council catering service to an In House managed service. This yielded significant qualitative benefits and the overall quality of food and service was improved. Throughout the time managing our own catering service we have and will always continue to 'provide the best and most nourishing foodservice possible for our pupils'.

Impetus and focus driven by government regulations is welcomed as it has given us further tools and support to move further down the healthy path we started along over 5 years ago.

## **14 Monitoring and review**

- 14.1 This policy will be reviewed annually by the headteacher and governing board, or in light of any changes to relevant legislation.
- 14.2 The next scheduled review date for this policy is March 2022.
- 14.3 Any changes made to this policy will be communicated to catering staff, parents and other stakeholders, where necessary.