

HOLY FAMILY CATHOLIC PRIMARY SCHOOL



Healthy Eating Policy

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HEALTHY EATING POLICY

'Living, Loving and Learning as followers of Jesus Christ.'

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Statement of intent

At Holy Family Primary School, we are committed to promoting the health, wellbeing and educational achievement of every child. We recognise the vital role that a balanced and nutritious diet plays in supporting children's concentration, mental health and overall development, enabling them to reach their full potential both inside and outside the classroom.

Through our curriculum, we aim to equip children with the knowledge, skills and understanding to make informed choices about food and to develop lifelong healthy eating habits. We believe that learning about nutrition is not just a subject, but a foundation for a healthy and active life.

As part of our Healthy Eating and Living campaign, we ensure that the food and drink provided in school reflects our high expectations of quality and care. Our catering service upholds the highest standards of nutrition, variety, hygiene and cleanliness. All meals and snacks provided at Holy Family Primary fully comply with national food standards and legal obligations, without exception.

We are dedicated to working in partnership with families, staff, and the wider community to create an environment that supports positive attitudes towards food, fosters healthy choices, and celebrates the role of healthy eating in nurturing happy, thriving children.

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

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

- DfE (2023) 'School food in England'
- DfE (2023) 'School food standards practical guide'
- The School Plan (2015) '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
- Child Protection and Safeguarding Policy

- Social, Emotional and Mental Health (SEMH) Policy

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.
- Ensuring the school makes reasonable adjustments where necessary for pupils with particular requirements, e.g. to reflect medical, dietary, or cultural needs.

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.

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.

4. Healthy eating statement

All menus will be developed in accordance with the standards set out in the School Food Regulations 2014 and guidance from The School Food Plan in 'School Food Standards: A practical guide for schools, their cooks, and caterers', which are outlined in the Whole-school Food Policy.

The school will also recognise and adhere to the School Food Regulations 2014 requirements for food and drink other than lunch that are:

- Provided to pupils on school premises up to 3:30pm, including:
 - Breakfast clubs
 - Mid-morning break
- Provided before 6pm on school trips where the trip is for at least 2 days.

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.

Staff will have access to drinking water via a water cooler.

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 drinking fountains, at appropriate times 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. These items will be confiscated by staff and returned to the pupil at the end of the school day.

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 breakfast bar, piece of fruit or vegetable without added sugar, fat or salt.

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 confiscated by staff and returned to the pupil at the end of the school day.

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.

7. School lunches

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

Reasonable adjustments will be made to school lunches where necessary for pupils with particular requirements, e.g. to reflect medical, dietary, or cultural needs.

School meals will include a portion 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. Portion sizes and food groups will be outlined in the Whole-school Food Policy.

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, semi-skimmed milk, or sugar-free fruit or vegetable juice with their meal. Additional water will be available from jugs on dining hall tables.

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 phone call, text message or 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 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.

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
- 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 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.

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 i.e birthdays

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
- 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 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 Whole-school Food Policy.

Parents will be required 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' 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.

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:

- 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 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.

13. Communication with parents

The school will communicate any changes and updates to this policy via telephone call/ email.

The school will incorporate healthy eating updates in the school newsletter throughout the year.

The school will inform parents via phone call, text message or email if concerns are raised about their child's eating habits.

The school will inform parents via phone call, text message or 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 phone call or, email if they are concerned their child's eating habits during the school day.

14. 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.

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