



# Moss Hall Schools Federation

# Healthy Eating and Drink Policy

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## Statement of intent

At Moss Hall Schools Federation, 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.

This policy has been written to give clear guidance to staff, outside visitors, parents, carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating.

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)

- The Food Safety (General Food Hygiene) Regulations 1995 (as amended)
- 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
- Pupil Equality, Equity, Diversity and Inclusion Policy
- Whole-school Food Policy
- Allergen and Anaphylaxis Policy
- Child Protection and Safeguarding Policy
- Social, Emotional and Mental Health (SEMH) Policy

## **0. 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 that drinking water is provided free of charge at all times.
- Ensuring the school makes reasonable adjustments where necessary for pupils with particular requirements, e.g. to reflect medical, dietary, or cultural needs.
- Ensuring that lower-fat milk or lactose-reduced milk is provided at least once a day during school hours for children in Reception classes.
- Ensuring a free piece of fruit or vegetable is provided outside of school lunch hours for pupils between four and six years old through the School Fruit and Vegetable Scheme.

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 any external catering companies have an up-to-date food hygiene certificate.

## 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.

**Due to the increasing number of children and adults with food allergies we aim to be a NUT FREE school. This means any items with nuts and sesame will be not served by staff and will be removed for later collection from children if discovered.**

## 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 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 6pm, including:
  - Breakfast clubs
  - Mid-morning break
  - After school clubs.
- Provided before 6pm on school trips where the trip is for at least seven 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.

## 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 drinking fountains and labelled 'drinking water' taps (medical room) 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.

**[Pupils under five in Early Years setting only]** 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.

## 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.

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/seven at morning breaktime.

**Items that must never be in snacks or food brought to school due to allergens or risk of choking or our healthy food aims:**

- **Food products containing nuts or nut derivatives**
- **Grapes, kiwis and small fruit with stones like cherries, plums etc.**
- **Sweets, chocolates, crisps etc.**
- **Fizzy drink**

## School lunches

All school meals will meet the national guidelines for nutritional standards and food safety regulations. Our meals are supplied by The Olive 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 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. 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 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 a phone call.

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.

## 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/chocolates
- Carbonated/sugary 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 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. Any food not consumed by a pupil will be sent home with them.

## 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
- Small treats as rewards for achievement, good behaviour, or effort (marble party etc)
- 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
- Design and 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
- Parent workshop / coffee morning (HSL)

## 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 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. When the federation admits pupils, information is collected on all food allergies/intolerances and other dietary requirements. This information is added to each pupil database and the information is easily accessible by members of staff. GDPR also states that medical and dietary information is to be displayed in common rooms if it can save a life.

When parents sign up with our catering provider The Olive, they are asked to provide all diagnosed dietary requirements, allergies and intolerances to keep the children safe and to provide a comprehensive service to the school. The Olive and their nutritionist team will discuss with parents specific requirements and will provide bespoke menus for children with medically diagnosed allergies.

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.

Class treats for effort (marble parties) will be awarded in accordance with pupils' IHP's, including known allergies.

## 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 one of their trusted adults 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 Arbor PING.

The school will send regular healthy eating advice and recommendations to parents in the Moss Hall Monthly.

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

The school will inform parents via Arbor / Moss Hall Monthly 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 or the Welfare Officer if they are concerned about their child's eating habits.

Preparing a healthy packed lunch could include: See examples below

Foods to provide	Examples of foods that could be provided
<b>A portion of potatoes, bread, rice, pasta and other starchy carbohydrates</b> (provide a variety of different starchy foods each week, including a wholegrain variety for lunch and tea once a week)	White or wholegrain bread, rolls, pitta bread or wraps. Chapattis. Plain naan bread. Bagels. Cooked pasta, rice, noodles, couscous or potato.
<b>At least one portion of vegetables and/or fruit</b> (provide a variety of different fruit and vegetables each week)	Carrot, cucumber, pepper or celery sticks. Lentils included in daal. Grated carrot in sandwiches or wraps. Fresh fruit such as sliced apple, banana, grapes, mixed chopped fruit or strawberries. Dried fruit such as raisins or apricots.
<b>A portion of beans, pulses, fish, eggs, meat and other proteins</b> (provide a variety of different foods each week)	Sliced meat, poultry or fish in sandwiches, rolls or wraps, or by itself. Sliced egg in sandwiches, rolls or wraps. Meat alternatives such as tofu in salads. Pulses such as kidney beans, chickpeas, lentils, as part of bean salads. Nut butter in sandwiches.*
<b>A portion of dairy or an alternative</b> (can be included as part of lunch and/or tea)	A pot of yoghurt or fromage frais. Cheese in sandwiches or wraps. Whole milk (for children aged one to two) or semi-skimmed (for children two and over) to drink.
<b>Desserts, cakes, biscuits and crisps</b>	Desserts made with cereals, milk or fruit. Avoid salty snacks such as crisps. Limit confectionery such as chocolate chips or hundreds and thousands, and use only as part of cakes or desserts. Limit provision of cakes and biscuits.
<b>A drink</b>	Whole milk (for children aged one to two) or semi-skimmed (for children aged two and over). Water.

At Moss Hall Schools Federation we aim:

- Promote the benefits of healthy eating and its effect on performance at school.
- Offer parents a clear guidance on providing a healthy packed lunch.
- Ensure that the standards of packed lunches comply with the current nutrition standards of school lunches. Members of staff observe children and any concerns are reported to Senior Leader or the Pastoral Team immediately.
- Improve the quality of packed lunches that pupils consume.
- Provide pupils with healthy packed lunches containing recommended food groups.
- Inform children of the importance of healthy eating. Any food not consumed by a pupil will be sent home so that parents can see what was and was not consumed.

School events, trips, birthdays and special occasions

Children across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity, coronary heart disease and certain cancers.

The biggest source of sugar in children's diets is sugary drinks, followed by sugary snacks.

Sugar is high on the agenda at a national level. Prompted by Jamie Oliver, the Government has announced the Soft Drinks Industry Levy, also known as 'the sugar tax', which came into effect in April 2018. In England, the money raised from the levy is invested in programmes that encourage physical activity and healthy eating to school-aged children.

The NHS' Change4Life programme has developed a range of useful resources to help children and families cut down on sugar and become 'Sugar Smart':

<https://www.nhs.uk/change4life/food-facts/sugar>

At school events, we regularly review healthy food options and regulate portion size and sugar consumption at school events.

### **Rewards and Special Occasions**

Food is not used for rewards but we do allow a small treat for 'Tea with the Headteacher'. For all celebrations such as birthdays we do not allow food to be sent in to school but rather a gift for the class such as a book.

### **Cooking and Food Education in the Curriculum**

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum. Food and nutrition is taught at an appropriate level throughout each key stage and links made to healthy eating. We provide continued learning around leading a healthy lifestyle through Gardening Club and Cooking Club.

### **Special Dietary Requirements**

When the federation admits pupils, information is collected on all food allergies/intolerances and other dietary requirements. This information is added to each pupil database and the information is easily accessible by members of staff. GDPR also states that medical and dietary information is to be displayed in common rooms if it can save a life.

When children have a very specialist diet due to allergy/medical reasons the catering company Olive will work directly with the parent and school.

School staff complete the following training to enable them to manage food allergies, intolerances and dietary requirements:

- First Aid including choking
- Anaphylaxis Training

### **Food Safety**

The catering company (Olive Dining) manages all food safety at all stages of food preparation and storage relating to school lunches. The school provides adequate facilities, suitable equipment and maintenance. Food handlers in other areas of the school have been appropriately trained. These measures ensure

that all possible hazards are identified in all aspects of food preparation and handling.

## **Monitoring and review**

This policy will be reviewed 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 Autumn 2028.

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