

FOOD AND DRINK IN SCHOOL POLICY

This policy was approved by Governors on 16th May 2025 and will be reviewed in the Summer Term 2026.

Introduction

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHE, drug, and relationship and sex policies.

The school supports the '5-A-DAY' campaign to encourage children to eat five portions of fruit and vegetables daily, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

The school works with the Lincolnshire Food in Schools Team to support School Food Buddies in promoting healthy eating in school.

Legislation

This policy is guided by the DfE's School Food in England document (June 2023) with reference to:

- Sections 512, 512ZA, 512ZB, 512A, 512B and 533 of the Education Act 1996, as amended
- Section 114A of the School Standards and Framework Act 1998
- 2014 No. 1603 Education, England. The requirements for School Food Regulations 2014

Rationale

Navenby promotes itself as a healthy school. It is important to ensure that we promote health awareness for all members of the school community. We provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims and Objectives

- To ensure that our children receive consistent and coherent messages about food and its role in their long-term health so they can make healthy choices.
- To promote health awareness.
- To contribute to the healthy physical development of all members of our school community.

What are the values that inform this policy?

- We believe that every adult at Navenby can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.
- We want the children to understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.
- We want the children to apply their knowledge about food and make healthy choices both in and out of school.
- We want the children to enjoy cooking and learn certain core skills by the time they leave the school.
- We believe that food has a role in developing young people's social skills.

Snacks

- Four to six year old children in state-funded infant, primary and special schools throughout England are eligible to receive a free piece of fruit or vegetable every school day outside of their school lunch through the School Fruit and Vegetable Scheme (SFVS) administered by the Department of Health.
- KS2 children are encouraged to bring a healthy snack into school for breaktimes.

Hot Meals

- The school provides the opportunity for children to have a hot school meal should parents wish it for their child.
- 'Good Lookin' Cookin' are the school's current caterers. They have joined Select Lincolnshire and support farm trade and organic produce. All meals meet the Government's national school food standards criteria.
- All free School Meal entitled families are given the option of taking up this offer. In addition, all children in FS and KS1 are entitled to a hot free school meal as part of the Government's universal free infant school meal initiative.
- The school will constantly seek ways to improve the uptake of hot meals. Parent lunches, certificates and stickers have all proved valuable to date.

Packed lunches

We aim to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar in quality to food served in schools, which is required to meet national standards.

We will:

- provide appropriate and attractive facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times.
- work with parents to encourage packed lunches to meet the standards listed below.
- enable pupils eating packed lunches and pupils eating school lunches to sit together.

We will work with parents of children who bring packed lunches to advise on the contents of packed lunches and how parents can best achieve a healthy balanced lunch.

As a guide, packed lunches should include (see Appendix 1):

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, peanut butter, falafel) every day.
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day.
- a dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- a drink of water, fruit juice (maximum portion 150 mls), semi-skimmed, 1% fat or skimmed milk, yoghurt or another milk drink.

Packed lunches can occasionally include:

- Meat products such as sausage rolls, individual pies, corned meat and sausages (no more than once a week)
- Lower sugar cakes and biscuits, but encourage your child to eat these as part of a meal

The advice is for guidance for parents and Navenby School actively encourages meals provided in line with it. We do not allow sweets or fizzy drinks (in support of legislation) at school but let parents make informed choices about sugary and fatty items such as chocolate bars, chocolate covered biscuits and crisps.

Exemptions

The School Food Regulations do not apply to food provided:

- at parties or celebrations to mark religious or cultural occasions
- at fund-raising events
- as rewards for achievement, good behaviour or effort
- for use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- on an occasional basis by parents or pupils

Lunch Time – the dinner hall environment

- We operate a staggered lunch break with KS1 children eating first at 12 noon; at approx. 12.10 Years 3 and 4 go into the hall for their lunch; at approx. 12.20pm Year 5 go in and at approx. 12.30 year 6 go in.
- We ensure children have time to eat their lunch and so do not need to rush.
- Mid-day Supervisors are on hand to assist children with their lunches.
- Equipment is constantly updated when necessary to make the dining experience more comfortable.

Water for all

We are aware that schools who have adopted a water only policy, have seen pupil health, behaviour and learning improve. Water is a great choice throughout the day as it hydrates without providing additional calories or risking harm to teeth.

We will actively discourage pupils from bringing fizzy or sugary drinks to school. We have fresh, clean drinking water available throughout the school and pupils are encouraged to drink water regularly throughout the day and bring reusable water bottles to minimize the risk of spillages.

To support this policy, we ensure:

- Children have access to fresh water throughout the school day except during the 15-minute Collective Worships and assemblies.
- Children are encouraged to bring their own water bottles into their classrooms and are allowed to drink water whenever they feel thirsty.
- Water bottles can be purchased from the school.
- All children are reminded to drink water regularly.

To support this policy we ask parents to ensure:

- their child has a clear, reusable water bottle in school to avoid spillages.
- their child fills their drink bottle with plain tap water.
- their child can clean their bottle in warm, soapy water and then leave it to air dry upside down.
- they are a positive role model and continue to drink water at home.

Milk

Whole milk is provided for pupils up to the end of the school year in which they reach age 5. After that milk must be lower fat or lactose-reduced and can be purchased if the parent desires.

Food across the Curriculum

- In FS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food. It is important to us that the children are educated in the benefits of healthy food choices at a young age.
- There are many other opportunities through our cross-curricular approach to promoting the benefits of healthy eating and a healthy lifestyle, some of which are done on a regular basis:
 - English provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.
 - Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.
 - Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.
 - RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.
 - Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.
- Out-of-hours learning can also play a positive role in their understanding. Where possible we develop children's understanding through a cookery club.

Partnership with parents and carers

- The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. We will continue to work in partnership with families and to lead by example.
- Parents and carers are regularly updated on our water and packed-lunch policies through school newsletters. We ask parents not to send in fizzy drinks and we remind them that only water or weak squash may be drunk during the school day.
- During out-of-school events, e.g. school discos, the school will encourage parents and carers to consider the food policy in the range of refreshments offered for sale to the children.

Role of the Governors

- Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and review

- Key Stage leaders and subject leaders are responsible for the curriculum development of the food policy. The Headteacher, DT and PSHE subject leaders are responsible for supporting colleagues in the delivery of the food and drinks in school policy.
- Packed lunches will be reviewed by midday supervisors.
- If a member of staff becomes aware that a child has a fizzy drink, solid chocolate, sweets or food from a fast food outlets in their lunch they will notify the Midday supervisor/Office staff/member of the SLT who will make a note of the child and the food but will not discuss this directly with the child.
- If a child regularly brings a packed lunch that does not conform to the policy then a member of the SLT will contact the parents to discuss this.

This policy will be reviewed in Summer 2026 to take account of any new developments.

Policy Approved: Full Governors meeting 16th May 2025

Signed:

Chair of Governors: Mrs H Jerstice

Head teacher Mr C Elliott

Appendix 1

Starchy Foods

Base each meal on a starchy food, such as bread, potato, rice, pasta, couscous. Starchy foods give energy, fibre, vitamins and minerals.

- ✓ Bread, try different types, such as pitta bread, wraps, bread sticks or bread rolls.
- ✓ Other starchy foods, such as pasta or rice.
- ✓ Whole grain varieties are best for fibre, which is vital for a healthy digestive system.



Meat & Alternatives

Add some protein, for example meat, fish, eggs, beans or pulses. Protein foods build muscles and provide minerals.

- ✓ Lean meats, such as chicken, turkey or ham.
- ✓ Include oily fish, such as pilchards, sardines or mackerel at least once every three weeks
- ✓ Cheese, such as cottage cheese, edam or soft cheese.
- ✓ Egg, such as quiche or omelette.
- ✓ Meat alternatives, such as tofu or tempeh.
- ✓ Dishes containing pulses, beans or meat, for example dahl, stew or bean salad.
- ⚠ Use butter, margarine, mayonnaise or salad dressings sparingly, because these can be high in fat, or use lower fat alternatives.
- ✗ The school does not allow nuts in packed lunches.



Milk & Dairy Foods

Up to the age of 5, milk is provided for children who want it and after that, parents can purchase it if they wish. Ask your school for information.



- ✓ A side dish of a low fat, low sugar yoghurt or low sugar rice pudding provides calcium necessary for strong bones and teeth as well as providing protein and vitamins



Fruit & Vegetables

Don't forget to include fruit and vegetables. You can use fresh, frozen, tinned or dried. Fruit and vegetables are full of vitamins, minerals and fibre necessary for the body to function properly and to keep you strong and healthy.

- ✓ Add tomato, lettuce, cucumber or beetroot to a sandwich
- ✓ Include a portion of salad or roast vegetables
- ✓ Fresh fruit, such as apple, banana or pear.
- ✓ Dried fruit, such as raisins, apricots or figs.
- ✓ Fruit salad (fresh or tinned in juice) or vegetable salad.
- ✓ Finger foods, such as cherry tomatoes, cucumber sticks or celery are good with a dip, such as hummus or guacamole.



Using fresh fruit and vegetables, which are in season can help the environment

A Packed Lunch Guide for Parents

A healthy packed lunch is a balanced meal with a variety of nutrients to give your child the energy to learn, grow & develop.

Drinks



Drinks, especially water, help children to concentrate and feel well. Water is freely available in school.

- ✓ You could try adding chopped fruit into water bottles to create new flavours
- ✗ Avoid squash, fizzy drinks and flavoured water, even those labelled 'sugar free' or 'no added sugar' as these can contribute to tooth decay and have little nutritional value

Healthier Swaps

- ✓ Replace sweets and chocolate with dried fruit, a small bunch of grapes or fruit salad or sugar-free jelly.
- ✓ Replace cakes and pastries with fruit bread or malt loaf.
- ✓ Replace salted savoury snacks with rice cakes or breadsticks.



Snacks & Confectionery

Snack foods may be included occasionally but aim to make healthier choices. Snack foods tend to be high in fat, sugar and salt. Foods high in fat can cause excessive weight and may lead to heart disease. High sugar foods are high in calories and bad for teeth. High salt foods may increase blood pressure, which can lead to heart disease and some cancers.

- ✗ Chocolate, sweets, chocolate spread, jam, salted savoury snacks and crisp like products should not be included in lunch boxes. Hot school lunch desserts are only allowed cocoa powder and no confectionery.