WARREN WOOD PRIMARY SCHOOL

Healthy Eating and Drinking Policy

Key Document Details:			
Author:	Headteacher		
Last Review:	September 2026	**Next Review:**	September 2028

A Beyond SCHOOLS TRUST ACADEMY

Contents

Statement of Equality 3
Purpose 3
Legal framework 3
Our aims 4
Healthy eating statement 5
Drinks 5
Breaktime snacks 6
Lunch 6
Treats and prizes 7
Exemptions 8
Curriculum 8
Allergies and dietary requirements 9
Communication with Parents 9
Monitoring and review 10
Equality Impact Assessment 11

Statement of Equality

We have carefully considered and analysed the impact of this policy on equality and the possible implications for pupils with protected characteristics, as part of our commitment to meet the Public Sector Equality Duty (PSED) requirement to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations.

Purpose

Warren Wood promotes healthy choices through education, encouragement, positive role modelling and partnership with families. Expectations will be communicated clearly and applied consistently, sensitively and without embarrassing or penalising pupils for choices made by adults at home.

It is 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.

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
- School Standards and Framework Act 1998
- Equality Act 2010
- Children and Families Act 2014

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

- DfE (2026) 'School food in England'
- DfE (2026) 'Allergy safety in schools'

This policy operates in conjunction with the following school policies:

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

Our aims

To integrate a whole-school ethos towards healthy eating; therefore, helping both staff and pupils to perform well, concentrate better and improve general wellbeing.

To ensure all pupils are well nourished and hydrated, and to ensure they have access to nutritious food and safe drinking water during the school day.

To encourage pupils to make informed food and drink choices in school and at home, contributing to life-long healthy eating habits.

To 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.

To ensure there are consistent messages about healthy eating throughout the school.

To keep food, health, and nutrition aspects of the curriculum up-to-date.

To ensure the school reflects the ethical, medical, and religious dietary requirements of staff and pupils, and that suitable provisions are available.

To celebrate diversity with cuisines from different cultures and other individual choices (e.g. vegetarianism); therefore, encouraging pupils to learn about and try new foods.

To encourage fluid intake and help pupils keep hydrated, maintain concentration, reduce lethargy, and learn effectively.

To inform staff and parents which provisions are permitted in school and to ensure they can effectively monitor what pupils are eating.

To encourage staff to participate in our healthy eating ethos and act as role models to pupils.

Healthy eating statement

The school uses 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 are developed in accordance with the nutritional standards set by The School Food Plan 2015 in 'School Food Standards: A practical guide for schools, their cooks and caterers'.

The school encourages pupils to adopt healthy lifestyles, both through a nutritional diet and regular exercise, and during assemblies, PE lessons and PSHE.

The school adopts a healthy eating strategy and embeds its principles throughout the curriculum.

Drinks

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.

Plain water is the normal drink permitted in classrooms and pupil water bottles. Sugar-free squash or another drink may be included as part of a packed lunch, but it must be in a suitable non-fizzy container and consumed at lunchtime. Fizzy drinks and energy drinks are not permitted. Reasonable adjustments will be made where a different drink is required for medical reasons.

The school provides safe drinking water throughout the school day. This is available via drinking fountains around the school, in water jugs placed on dining hall tables and also from individual water bottles. Staff have access to drinking water via a water cooler in the staff room.

The school encourages pupils to consume extra fluids on hot days and during and after physical activity, such as PE lessons and sports days.

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.

Pupils are permitted to refill water bottles via drinking fountains or classroom taps during the school day.

Drinks with added sugar are not available with school meals.

Pupils are not permitted fizzy drinks in bottles or cans on the premises at any time. Instead, pupils are encouraged to drink water.

The school understands the importance of healthy development for pupils under the age of five in an early-years setting. In line with the Cool Milk Scheme set by the Department of Health, one third of a pint of milk will be offered free of charge, once per day, for all pupils.

Breaktime snacks

Pupils may bring a healthy snack for morning break. Suitable choices include fresh fruit, vegetables, plain rice cakes, plain popcorn, cheese portions and breadsticks. Alternative snacks may be agreed where required because of a pupil's medical, allergy, sensory or additional needs.

Snacks such as chocolate, sweets, crisps, sugary biscuits, or energy drinks should be avoided. These can lead to short-term energy spikes followed by reduced concentration and focus in class.

Lunch

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

School meals include portions of fruit, vegetables or salad per meal. If pupils are eating a school provided wrap they are encouraged to visit the salad bar.

Portion sizes are 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 are outlined in the Whole-School Food Policy.

School meals include foods that are naturally rich in vitamins and minerals to support pupils' health and physical development.

The school provides pupils with drinking water at mealtimes, water is also available from jugs on dining hall tables.

Lunchtime staff will provide calm encouragement and appropriate supervision. Pupils will be encouraged to eat a reasonable amount of their lunch and develop positive dining habits but will not be forced to finish their food. Where a pupil regularly eats very little, appears unusually hungry or experiences distress relating to food, staff will communicate this to the class teacher so that appropriate contact can be made with parents.

Themed meals and meals served to celebrate festivals, holidays, or religious observances follow the same standards applied to regular school meals.

School meals do not include drinks with added sugar, crisps, chocolates or sweets.

School meals do not include more than two portions of deep fried, battered or breaded food a week.

When a child brings in a packed lunch, parents are encouraged to provide a balanced packed lunch containing an appropriate combination of carbohydrates, protein, fruit or vegetables and a suitable drink. Sweets and large confectionery items should not ordinarily form part of a packed lunch. Staff will not remove food from pupils, but repeated concerns about the content or quantity of a packed lunch will be discussed privately with parents.

The school allows still drinks in cartons, plastic bottles and flasks as part of a pupil's packed lunch.

Pupils bringing in a packed lunch have access to additional water. This can be found in water jugs on dining hall tables.

Treats and prizes

Food and confectionery will not ordinarily be used as rewards for achievement, effort or behaviour. Staff will use recognition that supports the school's values and behaviour culture, including praise, positive communication home, certificates, responsibilities, privileges, stickers and appropriate stationery.

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
- 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

Reasonable adjustments will be made for pupils whose medical conditions, disabilities, SEND, sensory needs or clinically recognised feeding difficulties affect what they can safely or reasonably eat. Agreed adjustments will be recorded through an Individual Healthcare Plan or another appropriate support plan where required. Pupils will not be treated as failing to meet the school's expectations where an agreed adjustment applies.

Curriculum

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

The school communicates how to lead a healthy lifestyle and make good food choices via the following:

- School assemblies
- Guest speakers
- Sending school menus home
- Staff as role models
- School Newsletters

Allergies and dietary requirements

The school ensures the correct food safety measures are in place, in line with the Supporting children with medical conditions Policy and the Health and Safety Policy, to protect pupils with known allergies, intolerances, anaphylaxis, diabetes and other medical conditions associated with diet.

The school will maintain appropriate allergy-management arrangements, including staff training, accessible emergency medication, Individual Healthcare Plans where required, and risk assessments for food-related curriculum activities, trips, clubs and celebrations. Allergic reactions and significant near misses will be recorded and reviewed so that any necessary improvements can be made.

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.

The school's chosen 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.

Learning activities which involve the use of food, such as food technology lessons, are planned in accordance with Individual Healthcare Plans, accounting for any known allergies of the pupils involved.

Treats for effort or good behaviour are awarded in accordance with pupils' Individual Healthcare plans including known allergies.

Communication with Parents

Warren Wood Primary School recognises that promoting healthy eating is most effective when the school and families work together. The school will therefore communicate its expectations clearly with parents and will provide information about healthy snacks, packed lunches and drinks, including any items that are not permitted in school. Any significant changes to these expectations or to this policy will be communicated to parents before they are implemented.

Where staff have concerns about the food a pupil brings into school, these concerns will be managed sensitively and proportionately. Pupils will not be publicly challenged, sanctioned or made to feel that they have done something wrong because of food provided for them from home. Unless there is an immediate allergy, choking or food-safety risk, pupils will be allowed to eat the lunch provided for them. Staff may use

appropriate opportunities to positively reinforce healthy choices, but food will not normally be removed or confiscated.

Where concerns are repeated or significant, staff will communicate directly and privately with parents so that the school and family can work together to support healthier choices. The emphasis will be on education, encouragement and partnership rather than punishment. Where concerns relate to a pupil regularly having insufficient food, experiencing recurring hunger or another potential welfare issue, this will be shared with the Designated Safeguarding Lead where appropriate.

Parents are asked to keep the school informed of any changes to their child's dietary or medical requirements, including allergies, intolerances and cultural, religious or ethical dietary needs. Parents should also contact their child's class teacher if they have concerns about their child's eating during the school day so that these can be discussed and appropriate support agreed.

Monitoring and review

This policy will be reviewed every two years by the headteacher, 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.

Equality Impact Assessment

Who is the policy or process intended for?	Pupils	Employees	Govs/ Trustees	Volunteers	Visitors
	☑	☑	☐	☐	☐

Status of the policy or process:	New policy or process	Existing policy or process
	☐	☑

Analysis				
Protected Characteristic	Impact analysis			Explanation of impact analysis
	Positive	Neutral	Negative	
Age:	☐	☑	☐	
Disability:	☐	☑	☐	
Sex:	☐	☑	☐	
Gender reassignment:	☐	☑	☐	
Race:	☐	☑	☐	
Religion or belief:	☐	☑	☐	
Sexual orientation:	☐	☑	☐	
Marriage or civil partnership:	☐	☑	☐	
Pregnancy and maternity:	☐	☑	☐	
Pupil groups (PP/SEN/CLA):	☐	☑	☐	

Evaluation and decision making	
Summary of action taken:	
Final decision:	