

Food and Drink **Policy**

Leasingham St. Andrew's Church of
England Primary School

'Everything you do, do in love'



Reviewed and updated: October 2025

Next review: October 2028

Introduction

At Leasingham St. Andrew's Church of England Primary School, nurturing our children's health and well-being through promoting healthy eating and drinking habits is of vital importance. Good nutrition and hydration are essential for children's physical health, emotional well-being, and academic achievement. This policy supports our school vision to create a safe, happy, and inspiring environment where children are encouraged to be their very best.

'Everything you do, do in love'

At St Andrew's, we seek to be a safe and happy environment, inspiring our school family to be positive participants in the world community. A place where we are all encouraged, through love and service, to be the very best.

John 13:34 'Love one another, as I have loved you'

Aims

- To promote the health and well-being of all children and staff through the provision and encouragement of healthy food and drink choices.
- To ensure that food and drink provided and consumed in school supports children's growth, development, concentration, and hydration.
- To foster positive attitudes towards healthy eating and drinking that children will carry into adulthood.
- To involve parents, staff, and the wider community in promoting healthy eating and drinking.

Curriculum

Links to food safety and where our food comes from will be made across the curriculum. Examples of these may include, but are not limited to:

Art and Design – observational drawing of fruit or vegetables.

Design and Technology – recipes, food preparation and cooking

English – instructions/recipes

Geography – where our food comes from and sustainability.

History – how people used to eat, rich and poor lifestyles of past eras.

Mathematics – weights and measures

PE – healthy eating and the effect of exercise on the body.

PSHE – mental health effects of healthy lifestyle/healthy eating.

RE – the rich diversity of other faiths, religions and cultures.

Science - healthy lifestyles, effects of heat on food, bacteria, how plants grow, healthy eating posters.

Breaktime

In Key Stage 1 and the Early Years Foundation Stage there will be a time allocated daily to sharing the government funded fruit or vegetable. Opportunities will also be made from time to time for the children to be involved in collecting, preparing and handing out the fruit. Key Stage 2 children will continue to be encouraged to bring fruit/vegetable snacks to be eaten at morning break. Other snacks e.g. crisps, cakes, chocolate bars are not permitted at break times. The school will make the final decision on what constitutes a healthy snack.

Leasingham St Andrew's Church of England Primary School has opted into the Cool Milk scheme enabling parents to purchase milk at a subsidised rate for their children. Milk monitors hand out the milk with the help of a responsible teaching assistant. The milk is stored in a refrigerator within school.

As from September 2025, the school will ensure that a paediatric trained first aider is within the room when any children from the Early Years Foundation Stage are eating. This includes school trips.

Lunchtime

This is seen as a pleasurable time, a social occasion in which the children are encouraged to sit down together and to enjoy their meal. Our school meal provider is Ideal and we continue to work closely with them to improve the quality and uptake of school meals. Children may bring packed lunches to school and, although we accept that it is up to the parents what they put into their children packed lunch box, we shall continue to emphasise the importance of a healthy lunch by promoting good practice.

To meet the National Nutritional standards, lunches for pupils at St Andrew's Primary School will contain at least one item from each of the following food groups.

- starchy foods such as bread, potatoes, rice and pasta. Starchy food cooked in oil or fat should not be served more than three times a week

- fruit and a vegetable must be available every day. Fruit based desserts must be available twice a week
- milk and dairy foods
- meat, fish and alternative sources of protein. Red meat must be served at least twice a week. Fish must be served at least once a week and oily fish every three weeks. Cheese may be included in the meat/fish protein group for primary children

What do national nutritional standards apply to?

- all lunches provided for pupils during term time, whether they are free or lunches which pupils pay for
- hot and cold food, including packed lunches provided by the school for pupils on school trips

Water Provision

Leasingham St Andrew's Primary School realises that a constant supply of water can have a positive effect upon the health and well-being of children and staff. It reduces tiredness, irritability and distraction and can help concentration. Children are encouraged to drink water throughout the day from the Water Coolers / dispensers that are situated around the school.

Children's water bottles for use in the classroom should be filled with water only. If a child has a medical condition which prevents them from drinking plain water, then this is treated as an exception to this policy and will be approved by school where medical evidence is provided.

Health and Safety

It is part of our normal school procedure that the children will be reminded to wash their hands after using the toilet and before eating.

Food will be stored in appropriate places and parents will be reminded that the packed lunches have to be stored in the kitchens and be encouraged to use insulated packed lunch boxes.

Catering staff will hold the required food hygiene certificates.

All staff and parents involved in preparation of food will be aware of food safety and hygiene issues and behave accordingly.

As a staff we will be aware of eating disorders in younger children and ensure that we know how to recognise and respond appropriately should the need arise.

Links with home

We recognise the need to work closely with parents and the wider community. We will endeavour to keep parents informed of what we are teaching the children and why, as well as keeping them up to date with national and local health information and initiatives, working closely with relevant outside agencies (such as the Lincolnshire Food Education Team).

Monitoring and Evaluating

We will continue to monitor and review this policy every three years. We will create opportunities for discussion with the children, staff, parents and governors through meetings, the school newsletter and questionnaires.

Further Information

<https://www.nhs.uk/healthier-families/>

<https://www.nutrition.org.uk/life-stages/children/>

<https://www.gov.uk/government/news/phe-urges-parents-to-cut-sugary-drinks-from-childrens-diets>

<https://www.childrens.com/health-wellness/effects-of-sugary-drinks-on-your-childs-health-infographic>

Linked Policies

Jigsaw PSHE/RSE

Health and Safety