



Date Adopted: Spring 2026

Date to be reviewed: Spring 2028

Quadring Cowley and Brown's Primary School

Healthy School Food and Drinks Policy

At Quadring Cowley & Brown's Primary School we strive 'to nurture and inspire all children to be well-rounded, confident and resilient individuals who love learning and are ready for life beyond school.'

Article 3: the best interests of the child must be the top priority in all actions regarding children.

Article 36: children must be protected from things that could harm them.

Statement of Intent

At Quadring Cowley and Brown's Primary School we are committed to ensuring that the children in our care grow into healthy adults, this being the first of the five principal requirements of the Children's Act 2004 ('Every Child Matters'), i.e. that they:

- Be healthy
- Stay safe
- Enjoy and achieve
- Make a positive contribution
- Achieve economic well-being

We understand that knowledge and understanding of nutrition is essential for good health and effective teaching and learning. Aside from the obvious physical benefits to be gained, we recognise there is a connection between a healthy, balanced diet and a child's ability to learn and play effectively to achieve their full potential.

We follow the DFE latest guidance (updated November 2025) which endorses the adoption of a 'whole school' approach to food provision and food education. To ensure that children eat well, it is not enough to simply provide nutritious food. We encourage children to opt for a school meal, have the 'good stuff' on their plates and then eat or at least try it.

At Quadring Primary School, we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of their behaviours and encourage them to take responsibility for the choices they make. The school supports the '5-A-DAY' ethos to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

This Healthy School Food and Drinks Policy embraces the "helping children achieve more" agenda and we are dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices.

Aims and Objectives

The aim of this policy is to ensure that the entire school community promotes consistent messages about food and healthy choices across the curriculum and throughout the school day. Individual, medical, cultural and ethical needs will be considered in all areas but supporting our school policy is paramount in enabling children to develop their understanding of how to keep safe and healthy.

Consequently, our school aims to teach children the key points about living a healthy life, including the importance of eating healthy food. Our Healthy School Food and Drinks

Policy is designed to contribute a vital element to our strategy of creating a school environment in which children thrive. We believe that it is only through a whole school approach that the key messages about food and drink can be really effectively conveyed i.e.

- To help children know and understand the importance of food and drink in a healthy lifestyle.
- To help children learn what healthy food is.
- To give children the skills they need to make the right choices with regard to food and drink.
- To promote the physical and emotional well-being of all our children.
- To educate children about food sources and methods of food production e.g. farming, including organic farming, and manufacturing, in appropriate curriculum opportunities
- To promote an understanding of the role of food and its production in achieving economic wellbeing and the meaning and role of Fair Trade.
- To enable children to learn and experience foods from different cultures.
- To educate children about food and drink and how to achieve a balanced diet in appropriate curriculum opportunities e.g. PSHE and Science, enabling them to make informed choices.
- To educate children about food hygiene in appropriate curriculum opportunities e.g. PSHE and Science and technology.
- To maintain the health of pupils, their families and staff by providing information/guidance on Healthy Eating and food issues as appropriate, including promoting awareness of the 5 a day campaign and our school's Mini London Marathon Challenge.
- To reinforce parental knowledge about the components of a balanced diet.
- To make the provision and consumption of food and drink an enjoyable and pleasant experience that enhances the social development of all pupils.
- To encourage healthy eating and drinking habits at break times and lunchtimes, that will last beyond the pupil's time at primary school.
- To encourage adequate water consumption by pupils throughout the school day.
- To teach our pupils about the preparation of food and drinks through cooking lessons.

Entitlement

All children are entitled to the outcomes of this policy regardless of race, creed, colour, gender, disability, social or other relevant background, or previous experiences.

Implementation

The policy applies to education about food and drink during the school day on the school site and it influences the choices of food and drink for consumption at breakfast club, break and lunchtimes during the school day, after school clubs, both at school and during school trips and wraparound care club.

The policy applies to:

- All teaching and non-teaching staff employed by the school
- All pupils
- All parents (particularly parent helpers)
- All governors of the school

The Curriculum

We teach children about healthy eating in our formal curriculum specifically as part of our Design and Technology, Science Curriculum and PSHE curriculum. We seize opportunities to develop pupils' knowledge, understanding and experience of both a variety of healthy foods and drinks, and balanced eating through a cross curricular creative approach such as:

- Art: looking at food as a stimulus for still-life drawing.
- Mathematics: understanding nutrition percentages, calculating quantities/weights.
- Science: types of food and its composition; where it comes from; digestion; contribution to the body's maintenance.
- RE: role of food in all religions; exploring which foods are associated with a variety of religious/cultural festivals.
- PSHE: experience of foods from other countries; balanced diet; and Fair Trade.
- Computing: to record or report data in the above subject areas; to research food issues, recipes etc.
- Design and Technology: understanding the balanced plate; designing and making healthy sandwiches.
- Reading comprehension and Writing: based on News articles at the time and recipes.

As a school, PE and Sports is very prevalent in daily school life and we also encourage children to participate in a variety of school games, clubs and sports and so learn the enjoyment of a healthy lifestyle. We organise school visits to outdoor pursuit centres and provide opportunities for children to explore the natural world. Our school site is fully utilised in the interest of the children's physical and emotional development through playground activities. We also actively encourage children to share their experiences of out of school activities and sporting achievements.

We are developing a 'Field to Fork' project whereby the school community are focusing on growing fruit and vegetables, healthy eating and cooking.

Food Safety in the Classroom/Curriculum

Children will be taught the importance of food hygiene, including thorough hand washing, during any lessons involving practical experience in the production of food e.g. making biscuits, sandwiches or baking and cooking.

They will be taught how to handle equipment safely and how to ensure high levels of hygiene throughout.

Parents are asked to notify the school if their child is allergic (or is suspected of being allergic) to any of the ingredients to be used in any lessons where food is prepared or handled. As per our "Nut Free School Policy," staff members should ensure that all ingredients state the correct wording to show they are nut free.

Information regarding any allergies of food intolerances for both children and staff are shared with all staff or volunteers who work alongside children.

The school environment

We ensure that our school environment promotes healthy eating and drinking.

We encourage children to drink plenty of water and encourage them to bring a named water bottle to school for use in the classroom.

Children are encouraged to bring fruit to eat at break times if they wish to have a snack.

EYFS and Key Stage 1 children are given fresh fruit and vegetables under the 'Fruit in School' scheme. They are not allowed to eat crisps or sweets at break time.

Children who attend Breakfast Club are provided with a variety of healthy foods and drinks that meet food standards.

Children who attend after school clubs or wraparound care are encouraged to bring a healthy snack and school have fruit snacks available for those children who require a snack.

Food Consumption in School

Healthy Snacks

EYFS/Key Stage 1

All pupils in Reception and Key Stage 1 are given the option of having free school meals. The School subscribes currently to the County wide initiative to provide all infants (4-7 years) with free fruit and vegetables to be consumed during morning break. All fresh produce is kept in the school refrigerator where appropriate.

All children are also allowed to bring in fruit/healthy snack for break times. They are asked not to bring cakes, biscuits, chocolate or sweets (this excludes children with diabetes).

We are a 'Nut Free' School (See Appendix 1)

Children under 4 years of age are given free milk, and parents/carers of those children over 5 years of age are given the option to buy milk through the school cool milk scheme.

The Department for Education (DfE) has released updated nutrition guidance for early years settings in England, effective from **September 2025**, which our school adhere to - ensuring the correct preparation of cutting up fruits and vegetables to small pieces,

sitting the children facing a specific way and ensuring that staff members are pediatric first aid trained whilst supervising the children during eating times,

Key Stage 2

All children in KS2 are given the option to purchase milk through the school cool milk scheme.

Fruit/healthy snack is encouraged at breaktime also. They are asked not to bring cakes, biscuits, chocolate or sweets (this excludes children with diabetes).

We are a 'Nut Free' School (See Appendix 1)

Cooked Lunches

The school uses an external contractor to provide hot meals to school. The menus are analysed to ensure they comply with the relevant standards.

Free hot lunches are offered to all pupils in Reception, Year 1 and Year 2 plus FSM Pupil Premium children.

Parents/carers of Key Stage 2 pupils have the option to purchase hot/cold meals from the external provider. They complete the online ordering for their own child/children.

The provider is employed to prepare, store and deliver food for consumption on the school site.

Ideal School Meals fully complies with the government's strict guidelines and the School Food Trust (see Audits and Inspections Toolkit in School Food File.) Strict checks are carried out regularly of food standards, storage and delivery of meals.

Packed Lunches

We believe that it is not our role to dictate what is provided for children in their packed lunches.

The parents of children who bring packed lunches are made aware of our school food standards and given clear guidance about what should be included in a healthy packed lunch.

We do have a role to play in providing relevant information about healthy eating and can provide pupils and parents/carers with externally sourced recommendations (e.g. from the LCC Food Team, Schools Food Trust or the British Nutrition Foundation etc.) on healthy lunchboxes. It is the intention of the school that this supports/ reinforces parents' own knowledge.

In line with this, the school asks parents to moderate the inclusion of high fat and/or sugary foods (e.g. crisps, biscuits), in lunchboxes and to consider restricting consumption of these foods to out-of-school hours. This helps to consolidate children's learning about healthy eating, balanced diets and the consumption of food items in moderation. Guidance on what makes up a healthy lunchbox is given at our new parents' meetings annually.

The following guidance developed from the Children's Food Trust aims to support pupils

to have a balanced lunch.

A packed lunch should aim to include:

- A starch-based food (eg bread, pasta, rice etc)
- 1 portion of fruit
- 1 portion of vegetables or salad
- A dairy food (eg cheese, yoghurt etc)
- A protein food (meat, fish, eggs, beans etc)

A packed lunch should not include:

- sweets or a bar of solid chocolate
- A lot of salty snacks
- Nuts or foods containing nuts (this is to safeguard pupils and staff with severe allergies).
- Fizzy or canned drinks

In order for parents to monitor what their child has eaten at lunchtime, all uneaten food and packaging is sent home in the child's lunchbox.

School Trips and Residential

The above information with regards to packed lunches is also applicable when attending a school trip or residential (outside of school). It is important to note we are a nut free school - so no snacks/sweets etc are allowed which contain nuts.

Role of Parents

We work closely with parents to ensure that the messages about food and drink we give in school are reinforced and supported at home.

We expect all parents who send their children to our school to respect our Healthy Food and Drinks in School Policy and to support it fully through the food and drink they give their children to bring to school.

Lunchtime Supervision

The Lunchtime staff take their responsibilities seriously and endeavor to ensure that children have eaten adequately every day in order to sustain them through the remainder of the school day. Lunchtime staff check lunches (both hot and packed) and encourage children to eat more where possible. If a child is seen to be leaving food on a regular basis and lunchtime staff are concerned that a trend is developing, the lunchtime supervisor or assistants will report any concerns to the class teacher and where necessary, the Headteacher.

The class teacher will discuss the situation sensitively with the child's parents to ensure the wellbeing of the child is not compromised. This approach is intended to assist the

early identification of a potential development of an eating disorder.

Food Allergies and Special Dietary Requirements

The school will make every effort to accommodate pupils' specialist dietary requirements including allergies, intolerances, medical, religious or cultural practices.

For those having school lunches, we work with our external caterers to ensure that appropriate meals are provided, and all standards are followed e.g. food is separated and labelled and ingredients recorded.

School staff are aware of those children and staff members with specific allergies, intolerances and dietary requirements and this is communicated in care plans and on a whole school medical overview plan to all staff and relevant volunteers.

All pupils and staff are prohibited from sharing their food or drinks with other pupils to minimize the risk of incurring an allergic reaction in a pupil or staff with an allergy.

To further minimize the risk of an allergic reaction by a pupil or staff member with a nut allergy, the school asks parents to enter a voluntary agreement to refrain from sending their children to school with nuts as a snack or in lunchboxes, and any food items containing nuts including peanut butter or chocolate nut spread in sandwiches. We are a 'Nut Free' School (See Appendix 1)

At Quadring Cowley and Brown's Primary School, all staff, including the school caterer, are aware of which children/staff have food allergies and/or diabetes. Photographs of pupils/staff with their details of their allergies/conditions are updated as and when required but at least once per term as a minimum and are made available in the following places:

- The School Office in a medical file.
- In Class Teachers essential information files in classrooms.
- In the Headteachers office in an essential school information file.
- Lunchtime Supervisor's folder kept in the school hall.
- On the secure school W drive.

All staff who come into contact with pupils/staff with any specific food and drink allergies, medical needs or other additional needs such as sensory needs, are asked to sign a record to confirm that they have read and understood the information/risk assessments provided.

All staff are specifically trained to deal with adverse allergic reactions to food including how to use an EpiPen and an Anapen. Designated First Aiders are displayed in the school office and the Headteacher 's office. All staff are trained in food allergy and

intolerance and food hygiene standards as well as Paediatric first aid trained.

Nut Free School

Quadring Cowley and Brown's Primary school is a Nut-Free school.

The school aims to protect children and staff who have allergies to nuts, yet also help them to take responsibility as to what foods they can eat and to be aware of where they may be put at risk. We do not allow nuts or nut products in school lunch boxes.

Our "Nut-Free Policy" means that the following items should not be brought into school:

- Packs of nuts
- Peanut butter or Nutella sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to Sesame)
- Cakes made with nuts
- Any home cooked meals for packed lunches that are made from nuts
- Lip balms or skin creams that contain Argon oil, almond butter or any other nut based ingredient.

We have a policy not to use nuts in any of our food prepared on site at our school. Our suppliers provide us with nut-free products. However, we cannot guarantee freedom from nut traces.

Parents and carers must notify staff if their child has any known or suspected allergy to nuts and provide all medical and necessary information. This will be added to the child's care plan and if necessary, a meeting organised with the school.

Drinks

It is widely agreed that children need plenty to drink throughout the day. Thorough hydration is essential to maintain good health and keep minds alert. To encourage regular drinking, children are positively encouraged to bring a drinks bottle to school each day. Given the effects on dental health from the consumption of drinks containing sugars and the known effects on behaviour from the consumption of carbonated, flavoured drinks, the school insists that drink bottles contain water alone. Children have access to drinking water taps where they can refill their bottles during the school day. Water is provided for all children at each lunch sitting regardless of whether they have booked a hot meal or not.

For a child to consume squash during school time, a medical note from a doctor must be provided and handed to the headteacher. Only children with identified medical or specific needs will be given permission to drink anything other than water during the school day. Dental decay is a huge priority and evidence clearly shows the detrimental

effects of allowing children to 'sip' squash and carbonated drinks throughout the day. Squash will only be allowed in school at events or celebrations. We hope parents will support us with this for the health benefits of their child.

Breakfast Club

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of the day.

The school runs a daily Breakfast Club for pupils from 8.00am to 8.35am (breakfast is served until 8.20am).

Breakfast Club is available every weekday morning during school term time and pupils are provided with a range of healthy breakfast cereals (hot and cold), yoghurts, fruit, toast, and either water or milk, and occasionally fresh fruit juice. All children attending breakfast club are encouraged to eat a range of foods to ensure that they have eaten well before the start of the school day.

The Dining Environment

Morning break snacks are consumed in the classroom for EYFS and Key Stage One and outside of the school building on the playground or field for Key Stage Two, as appropriate and where possible.

Cooked lunches and packed lunches are consumed in the school hall and supervised by at least two Lunchtime Supervisors and a specific EYFS lunchtime supervisor with pediatric training.

We have two lunchtime sittings at Quadring Primary School. EYFS/Key Stage 1 children eat their lunch at 12.00pm and Key Stage 2 children eat their lunch at 12.30pm.

Chosen children on each table also serve fresh water or milk to drink.

Playground Leaders (KS2) will also eat at the first sitting with the younger children.

Staff Development

All Lunch staff are fully trained in food preparation and hygiene. This is reviewed annually.

All our staff team are also trained in Food Safety and Standards as well as having Food Allergy and Intolerance training - as cooking is an integral part of our school curriculum and all staff may be involved in this so are required to have up to date training in these areas.

As part of their induction, new staff will be made aware of this policy and asked to ensure compliance at all times. The school will access training and relevant support materials, as available, to enhance the quality of teaching in the delivery of education relating to food; food sources; methods of production; fair trade; foods from other countries/religions; healthy eating; food safety; food hygiene etc.

Food Standards and Regulations in School

Anyone providing food on a regular basis must be registered as a food business, but pupils and parents who are providing food on an occasional basis do not need to be registered. The Food Standards Agency (FSA) explains that generally, community or charity organisations providing food less frequently than one occasion per calendar month should be considered as not having a continuity of activity and should not require registration. Therefore, a one-off event, such as a school fete would not require registration, but a club serving hot food regularly would.

Nutritional Standards for School Food

Normally, food and drinks consumed at school must conform to the standards set out in the Requirements for School Food Regulations 2014. However, Regulation 2: paragraph 2 states that the standards do not apply to food that is provide:

- At parties or celebrations to mark religious or cultural occasions
- At fundraising events
- On an occasional basis by parents or pupils
 - 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 pupil

However, at Quadring Primary School, we will still consider the above exemptions in the context of this policy.

Food and Drinks Safety and Hygiene Regulations

Although pupils and parents providing food are not required to hold a food hygiene certificate, they should follow good hygiene advice as follows:

- Always wash hands before preparing food.
- Ensure surfaces, bowls, utensils and other equipment is clean.
- Avoid using raw eggs in anything that won't be thoroughly cooked, such as icing or mousse.
- Keep cheesecakes and any cakes or desserts containing cream in the fridge.
- Store cakes in a clean, sealable container, away from raw foods, especially raw meat.

Linked policies & documents

This policy should be read in conjunction with other related school policies and documents, including:

- Safeguarding and Child Protection Policy
- Nut Free School Policy
- Health and Safety Policy
- Teaching and Learning Policy
- Curriculum Policy
- RSHE/PSHE Policy

QCB Healthy School Food and Drink Policy

- DfE School Food in England Guidance
<https://www.gov.uk/government/publications/standards-for-school-food-in-england/school-food-in-england>
- School Food Regulations 2014 (updated June 2023)
<https://www.legislation.gov.uk/ukxi/2014/1603/contents/made>
- DfE School Food Standards Practical Guide
<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide>
- DfE Allergy Guidance for Schools (updated February 2023)
<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/allergy-guidance-for-schools>
- DfE Guidance for Governors
<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-guidance-for-governors>
 - National Wraparound Childcare Programme Handbook (2026)

Useful Information for Parents/Carers:

- <https://www.schoolfoodmatters.org/>
- <https://www.nhs.uk/healthier-families/>
- <https://kidshealth.org/en/parents/habits>.
- <https://www.foodafactoflife.org.uk/whole-school/parental-engagement/>
- <https://www.nhs.uk/healthier-families/food-facts/5-a-day/>

Signed _____ (Headteacher)

Printed Name: _____

Date: _____

Signed _____
(for and on behalf of the Governing Board)

Printed Name: _____

Date: _____