



# Healthy Eating and Hygiene Policy

## Responsible Committee

Last review date		Jan	2026
Next review date		Jan	2028
Signed		Name	P. Reece
Position	HT	Date	22.01.26
Governor ratification			
Signed		Name	J. Sebastian
Position	CoG	Date	22.01.26

## **Healthy Eating and Hygiene Policy**

### **Aims**

- To ensure that all aspects of food and drink in school promote the health and well being of the pupils, staff and visitors to our school.
- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet and hygienic food preparation and storage methods.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To encourage all pupils to make healthy food choices

### **Objectives**

- To work towards ensuring that this policy is both accepted and embraced by all members of the school community.
- To integrate the aims of healthy eating into all aspects of school life, in particular food provision within the school, the curriculum, pastoral and social activities.
- To ensure that all staff with responsibility for food have basic food hygiene training.
- To work with the school catering service to ensure that all menus comply with the recommendations set out by the Food Standards Agency.

## **Break Time Snacks**

### **Milk**

Children aged 3 and 4 receive free milk and there is an option to purchase milk for your child once they turn 5 in Reception and Year 1 and Year 2 (pupils in receipt of pupil premium may get their milk free).

### **Fruit and Vegetable**

In Reception, Year One and Year Two all children are entitled to a free piece of fruit or vegetable for their morning snack through the government's '5 A DAY School Fruit and Vegetable Scheme'. All children in these classes are encouraged to try a piece of fresh fruit or vegetable every day. Tadpoles have access to snack too for a small fee.

It is the aim of the school that in Years 3, 4, 5 and 6 all children will follow the same healthy eating patterns. As such children are allowed one healthy item for their break time snack that can be kept in their pocket or schoolbag. At Rainford Brook Lodge Primary School we define a healthy item as a piece of fruit or vegetable, or toast. Where a child brings confectionery or crisps into school for their snack, they will be asked to return this item to their school bag and the member of staff will explain the healthy choices they are allowed. We limit the choice to better enable staff on duty to encourage and enforce these rules.

## **Meals at School**

Rainford Brook Lodge Primary School currently provides free school meals, paid school meals and facilities to eat packed lunches.

Classes go into the dining hall on a rota basis with the youngest children eating first. Key Stage 2 / Junior children have a rota for going into the hall which provides for each class to have at least one day per week when they go in first. This is to help children have the opportunity to select their favourite items and to have unbroken time outside – this was agreed through discussion with our student council.

Children must wash their hands before they go to the dinner hall.

Whether eating school dinner or packed lunch all children are encouraged to eat well, it is our policy that all foods are at least "tried" and lots of praise is given for this. Children are also encouraged, at an age-appropriate level, to use cutlery appropriately.

## **The Dining Hall**

At Rainford Brook Lodge Primary School we strive to make the dining environment as pleasant, calm and enjoyable as possible. Staff in there are encouraged to use the Behaviour for Learning Policy as followed throughout the rest of the school day.

## **School Dinners**

Rainford Brook Lodge Primary School engages the services of the St Helens Council Catering Services who provide meals which meet the national guidelines for national standards.

Parents of children accessing school dinners access their choices via an app provided by the Local Authority.

Events and dates are celebrated with special meals e.g. Chinese New Year to teach children about different cultures, food and traditions.

### **Packed Lunches**

At Rainford Brook Lodge Primary School Midday Supervisors are on hand to encourage children to eat their packed lunch and to offer assistance where needed.

Cans of drink, fizzy drinks in bottles, energy drinks or hot drinks are not allowed in school.

Children are expected to clear away all litter from their packed lunch boxes when they have finished eating, disposing of items in their lunch box to allow parents to better see what has been eaten although there are recycling bins for some items. Where a parent / carer is concerned that their child is not eating their packed lunch they should discuss this matter with the Class Teacher and it may be agreed that the child is encouraged to put **all** their litter from their meal into their packed lunch boxes in order that parents can monitor which foods have been eaten. Class Teachers would notify the midday supervisors of this.

At Rainford Brook Lodge Primary School we are committed to promoting healthy packed lunches. Parents can access information to support them in providing a healthy packed lunch at [Lunchbox ideas and recipes – Healthier Families - NHS](https://www.nhs.uk/oneyou/eat-well/lunchbox-ideas-and-recipes/)

### **Water Provision**

Tadpoles are given water in cups from a jug. All pupils from Reception to Year 6 are encouraged to bring a clear water bottle which is labelled with their name and stored in the classroom. Children have access to these throughout course of the day in accordance with the system in place in their classroom. In addition, drinking water is available in some cloakroom areas.

On warm days, bottles are taken outside to playgrounds during PE lessons.

Staff have access to water in some classrooms through the class taps that have been identified as drinking water and in the staff room.

The health benefits of drinking water are widely acknowledged by staff and all staff encourage pupils to drink water at frequent intervals throughout the school day. They are also encouraged to drink more after physical exercise and break times.

Children are permitted to only bring plain water into school for consumption through the day. Fizzy drinks, squash / cordial, flavoured water are not permitted. This is to promote a healthy lifestyle as many of these drinks can contain high levels of sugar. Access to water is to improve health and learning.

### **Breakfast and After School Provision**

Rainford Brook Lodge Primary School Breakfast and After School Clubs offer children a variety of healthy foods and juices or water to drink. Food provision at the clubs meets the current DfE standards and this is monitored by the Senior member of staff responsible for external school provision.

### **Curriculum**

We regard healthy eating education and hygiene education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. Healthy eating education and hygiene education form an important part of our school's PSE curriculum. The work completed in this area of the curriculum is also supported by work in other curriculum areas such as science, ICT and design technology.

### **The Role of Parents/Carers**

The school is aware that the primary role in children's healthy eating education lies with parents. We wish to build positive and supporting relationships with parents of the children at our school through mutual understanding, trust and co-operation. To promote this we will:

- Keep parents informed about healthy eating policy and practice through our messages and school website.
- Take seriously and respond to any issues which parents raise with teachers or governors about this policy and practice at school.
- Share with parents information about the best practice known with regard to healthy eating so that parents can support the key messages being given to children at school.

### **The Role of the School**

Staff should be aware and promote both the curriculum links to healthy eating but also in a pastoral role in encouraging and promoting healthy living.

### **The Role of Governors**

The governing body is responsible for monitoring the school's Healthy Eating Policy.

### **Monitoring and Review of Policy**

The Health and Well-Being Team are responsible for monitoring the implementation of this policy and its review in light of outcomes of the monitoring process. This policy will be reviewed by the team on a two year cycle.