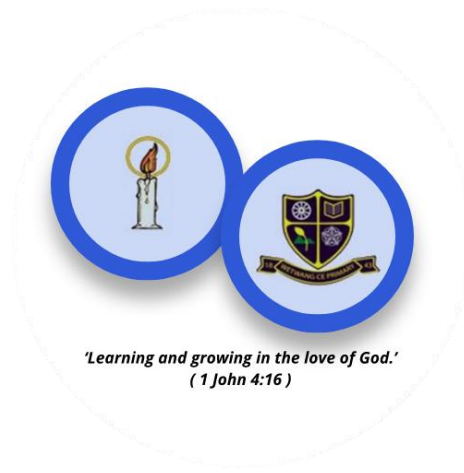




Sledmere and Wetwang Federation

HEALTHY FOOD AND WATER POLICY – March 2025

Adopted by Sledmere and Wetwang Federation Policy Review Group

Signed: Andrew McCormack

Position: Chair of Governors

To be reviewed by Governors March 2027

Vision
‘Learning and growing in the love of God’ (1 John 4:16)

1. Purpose

This Healthy Food Policy aims to promote the health and wellbeing of all pupils by encouraging nutritious eating habits, supporting a positive food culture, and ensuring consistency between what is taught in the curriculum and practiced in school life.

2. Aims

- Encourage children to make healthy food choices.
- Provide access to nutritious food and drinks during the school day.
- Support families in promoting healthy eating at home.
- Reduce the availability of high-sugar, high-fat, and highly processed foods in school.
- Foster lifelong healthy relationships with food.

3. Roles and Responsibilities

School Staff:

- Model healthy eating behaviours.
- Reinforce healthy messages taught through the curriculum.
- Monitor the food brought into school where appropriate.
- Support pupils with allergies, medical needs, or dietary requirements.

Parents and Carers:

- Provide packed lunches and snacks that meet the school’s healthy guidelines.
- Inform the school of dietary needs, allergies, or cultural requirements.

Pupils:

- Follow school rules about food and drink.
- Take responsibility for their own healthy choices.

- Show respect for others' dietary needs and choices.

4. Food Provided in School

School Meals:

- Meals follow national nutritional standards.
- Daily fruit and/or vegetable options are provided.
- Menus are shared with families in advance.

Snacks:

- Only fruit, vegetables, or healthy options at breaktime.

Drinks:

- Water only during class time.
- Milk may be offered at breaktimes.
- No sugary or fizzy drinks.

5. Packed Lunch Guidelines

Should include:

- Fruit or vegetables.
- Protein-rich foods.
- Wholegrain or starchy foods.
- Healthy snacks.

Should not include:

- Sweets, chocolate bars or chewing gum.
- Crisps (except occasional days).
- Fizzy or energy drinks.
- Fast food or takeaway items.

6. Food Education

- Teaching about nutrition and cooking.
- Opportunities for growing food.
- Activities such as tasting sessions and cooking clubs.

7. Allergies and Special Dietary Requirements

- School maintains list of allergies.
- Some foods may be restricted (e.g., nuts).
- Staff trained in allergy awareness.
- Families must communicate dietary needs.

8. Monitoring and Implementation

- Policy shared with staff and families.
- Packed lunches/snacks may be monitored.
- Feedback is supportive.
- Policy reviewed every two years.

9. Review Date

Next review: March 2027

School Water Bottle Policy

1. Rationale

Our school recognises the importance of hydration for pupils' health, wellbeing, concentration, and learning. This policy supports healthy habits while ensuring safety, hygiene, and minimal disruption to learning.

2. Aims

- To encourage pupils to drink water regularly throughout the school day
- To promote healthy choices and reduce sugar intake
- To ensure safe and hygienic use of water bottles in school

3. Acceptable Water Bottles

- Pupils may bring a named, reusable water bottle to school each day
- Bottles should contain plain water only
- Bottles should be non-glass, spill-proof, and age-appropriate
- Flavoured water, squash, juice, fizzy drinks and energy drinks are not permitted

4. When and Where Water Bottles May Be Used

Water bottles may be kept in classrooms in a designated area

Pupils may drink water:

- During lessons (with teacher permission)
- During break times and lunch times
- After physical activity

Bottles should not be taken to:

- The hall during assemblies
- PE lessons (unless directed by staff)
- Toilets

5. Hygiene and Safety

- Bottles must be taken home daily for cleaning
- School staff will not be responsible for cleaning bottles
- Pupils should not share water bottles
- Any bottle that becomes unhygienic, leaking, or unsafe will be removed and returned at the end of the day

6. Refilling Bottles

- Pupils may refill bottles at designated water stations under staff supervision
- EYFS and younger pupils will be supported with refilling as needed

7. Medical Needs

Pupils with specific medical requirements relating to hydration will be supported in line with their individual healthcare plan

8. Lost or Forgotten Bottles

- The school is not responsible for lost or damaged bottles
- If a pupil forgets their bottle, access to drinking water will still be provided

9. Monitoring and Review

This policy will be monitored by staff and reviewed regularly to ensure it meets pupils' needs and supports a positive learning environment.