

# Castle Hill Primary School

# Food and Drink Policy



Reviewed: February 2026

Reviewed by: Headteacher & Curriculum Lead

*K. L. Stanick*

Approved by: Curriculum & Standards Committee

Date approved: 6<sup>th</sup> February 2026

Review frequency: Bi-annually

## **Aims**

As a Healthy School we want to ensure that we promote the health and well-being of the whole school community through all aspects of food and nutrition and provide consistent messages to pupils, parents and staff. Through all aspects of school life, we aim:

- To promote health awareness
- To give our pupils the knowledge and skills they need to be able to make healthy choices
- To ensure that we are giving consistent messages about food and health across the school day
- To ensure the food and drink available across the school day reinforces the healthy lifestyle message.
- To include the whole school community in the promotion of healthier lifestyle

## **Responsibilities for Food Education**

Headteacher: Karen Etrick

School Business Manager (Health and Safety and Caterlink Liaison): Jo Mabbutt

Curriculum, Medical, Allergy Lead: Katie Ward

Design Technology Lead: Libby Smith

## **Pupils**

- Pupils are educated in decision making around healthy food and drink choices. They are involved in occasional consultation with Caterlink, our meals provider, to ensure the menu meets their needs, and to ensure full engagement with other aspects of the policy.

## **Staff**

- All staff should be aware of the policy and understand their role within it ensuring that teaching across the curriculum is consistent with the aims of the food policy.
- Staff are role models for pupils and therefore need to be mindful of their own food choices particularly during lunch or playtime, where they might be visible to the pupils.
- Training and support is available for all staff to deliver cooking skills or food technology including being up-to-date with concepts of healthy eating, oral health, planning and budgeting, and food growing.

## **Parents**

- We communicate with parents about the importance of healthy eating from Reception home visits onwards and our guidelines and expectations around food in school are shared with all parents.
- Parents are invited to food tasting sessions with Caterlink, where they can sample the food on offer.
- On pupil entry to Castle Hill we communicate clearly with parents about our expectations and guidance for packed lunches and drinks provided and monitor these carefully to ensure the policy is adhered to.

### **Food Served on School Premises**

All food served by the school on a regular basis between 8am and 3.15pm meets the mandatory school food standards and there is a process in place to ensure that the provision is coordinated across all food and drink outlets. Food served at breakfast clubs and break all meet the statutory food based standards for school food other than lunch.

Within the tendered catering contract: Gloucestershire council ensures that the lunches served by Caterlink meet the statutory nutrient and food-based standards for school lunches.

### **Breakfast Club**

Breakfast Club offer:

- A variety of different fruits and vegetables every day
- A selection of low sugar, low salt, high fibre cereals
- Bagels/crumpets
- A variety of different types of bread for toast, including wholegrain varieties.
- Semi-skimmed milk with cereal
- Milk or water

### **Snacks**

The Governments school fruit and vegetable scheme entitles all children in Early Years and KS1 to one piece of fruit and/ or vegetable per day. KS2 can bring in their own healthy snacks. This includes fruit, vegetables and cheese.

### **School meals**

- The school works closely with Caterlink to ensure a high take-up of school meals.
- During service pupils are encouraged to try food that may be unfamiliar to them. Staff will intervene if a child does not appear to have a balanced meal, or does not appear to be eating sufficiently. This information is shared with parents to ensure we work together to support children in making sensible independent choices.
- Reception are accompanied in the dining hall by support staff, who support them in choosing a healthy plate, manage their seating arrangements, develop their self-use of cutlery, and offer support with carrying their food and clearing away. [Equal opportunities and inclusion](#)
  - Caterlink menus cater for most dietary requirements and will provide specialised ingredient menus on request with proof of medical diagnosis.
  - Pupils with disabilities within the school are adequately catered for in the dining room.
  - On admission the school asks parents if pupils have any allergies to food items. This information is shared with catering staff and relevant teaching staff and is taken into account when serving food and during food technology lessons. Parents are reminded to keep school informed of any changes in food allergies.
  - The school works with parents and catering to ensure that pupils who have allergies or are diabetic can still access school lunches.

### **Packed lunches**

- The school works in partnership with parents to encourage healthier options being included in packed lunches brought from home.

<p><b>Packed lunches should include a balance of:</b></p> <ul style="list-style-type: none"> <li>- at least one portion of fruit and vegetables, preferably at least one of each</li> <li>- a portion of protein (meat, fish or other source of protein such as lentils, kidney beans, chickpeas, hummus or eggs)</li> <li>- starchy food such as bread or pasta</li> <li>- dairy food such as milk, cheese or yoghurt, or milk-based unsweetened drinks</li> </ul> <p>PLEASE NOTE: Grapes must be cut in half due to choking hazard.</p>	<p><b>Packed lunches must NOT include:</b></p> <ul style="list-style-type: none"> <li>- sweets</li> <li>- flavoured or sweetened fizzy drinks</li> </ul>
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### **Drinks policy**

- The school encourages all children to bring in a named reusable water bottle to school which they can easily access and refill with water throughout the day. We discourage the use of single-use plastic.
- All classrooms have sinks situated at a child's level to encourage them to refill their own water bottles at regular intervals.
- Staff act as role models and are all encouraged to have reusable water bottles for personal use. They remind children about the importance of drinking water and prompt them to do so throughout the day
- Parents have clear guidance around drinks on pupil entry to school as the only drink allowed into school is water unless proof of medical need is given.
- If a pupil attends school with drinks that are not allowed e.g. squash or flavoured water, the pupil will be offered plain water as an alternative. Medical exemptions will be made with advice from a medical professional.
- Water bottles must be of a regular size. No Stanley cups due to health and safety risk and storage in the classroom.

### **After School**

- School will NOT distribute food to pupils unless part of a cooking lesson with prior permission from parents.
- School will NOT distribute food from other parents to other pupils, for example sweets/ cakes bought in for birthdays etc. Parents are welcome to distribute these after school in the playgrounds with the pupil's parent giving permission to them.
- Parents will communicate with after-school clubs if their child requires a snack.

### **Design and Technology: Food Technology**

Teaching pupils how to cook is an important part of our whole school approach to health and wellbeing. It is a perfect tool to captivate and stimulate pupil's interest and enjoyment of food as well as building self-confidence.

### **EYFS and Primary curriculum**

- Staff predominantly use savoury recipes when teaching cookery and progression in this area is monitored by the DT Lead.
- Planning ensures the chosen recipes are age appropriate and allow for progression of skills.
- Pupils learn about where food comes from, how it is grown, and seasonality of ingredients.

## **Teaching and learning**

All food technology lessons enable pupils to develop food and cooking skills alongside safe and hygienic food practices and consumer awareness. Understanding the principles of healthy eating are a central part of learning within our curriculum. We use a variety of recipes and ensure that each lesson provides ample opportunities for pupils to develop practical skills. We have carried out risk assessments and have clear procedures for the use of peelers, knives, cookers and hobs, and electrical equipment.

## **Monitoring and evaluation**

The teaching of cooking is monitored by the DT lead (for quality assurance and staff development) and the Headteacher (to ensure adherence to policy).

## **Food safety and cooking facilities**

- Due to hygiene, safety and risk of allergens, practical food technology lessons will be carried out in the Dining Room. Portable hobs are available which can be used with small groups.
- Cooking equipment is kept clean, safe and labelled in the Art and Design cupboard. Peelers and knives are kept in the staff room. Their use and condition is monitored by the DT Lead.
- Equipment with risk used:  
EYFS: Safety peelers and safety knives 1:4 ratio  
KS1: Knives with 1: 6 ratio  
KS2: Knives, peelers, graters, hobs 1:10 ratio

## **Supporting pupils with medical needs**

- The Medical Lead will work with parents and professionals to provide Individual Healthcare Plans for pupils who have medical needs relating to food consumption.
- Please see Pupil Allergy Policy.

## **Supporting pupils and their parents to make healthy living choices**

- The whole school environment is supportive to pupils to make positive lifestyle choices around healthy eating and being active and this is something that is discussed and celebrated in assemblies as well as in the classroom
- Height and Weight checks are carried out in Reception and Year 6 by the School Nursing Service.

## **Sponsorship and fundraising**

- The school does not use nutrition education materials with corporate logos or advertising. The school will only use vouchers or other reward schemes if the company involved promotes healthy lifestyle in line with the school's food policies.