



# HORNCHURCH

## HIGH SCHOOL

EXCELLENCE FOR ALL

### Whole-school Food and Drink Policy 2025-2028

<b>SCHOOL NAME:</b>	<b>HORNCHURCH HIGH SCHOOL</b>
<b>DATE OF ADOPTION:</b>	<b>01/11/2025</b>
<b>DATE OF NEXT REVIEW DUE:</b>	<b>01/11/2028</b>
<b>CHAIR OF GOVERNORS SIGNATURE:</b>	<b>L. Hall</b>
<b>HEAD SIGNATURE:</b>	<b>S.MADHVANI</b>

#### Rationale

Children and young people across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity and other health related conditions in later life. The biggest source of sugar in children's and young people's diets is sugary drinks, followed by sugary snacks. Hornchurch High School therefore endeavours to promote healthy eating wherever possible.

Hornchurch High School has a responsibility to help pupils and staff establish and maintain a healthy lifestyle including developing and maintaining healthy eating habits. We adopt a whole-school approach ensuring our food provision offers the best high quality healthy food options and our cooking and nutrition curriculum offers pupils the opportunity to explore healthy eating.

We believe learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. This policy has been written to give clear guidance to staff, outside visitors, parents and carers and students about the provision of food during the school day and our approach to the positive promotion of healthy eating across our school.

Hornchurch High School aims to:

- To adopt a whole-school approach to promoting and teaching the benefits of healthy eating to staff and students;
- To ensure pupils understand the link between healthy eating and the prevention of diseases caused by poor diet and lifestyle choices;
- To positively influence the health of pupils and students through education, increasing their knowledge and awareness of what is a healthy and balanced diet, hygienic food preparation and storage methods;
- Through our curriculum, we endeavour for students to become competent and confident in a range of cooking techniques so they can cook for themselves and others confidently;





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- To ensure that food and drink provision in the school reflects the ethical and medical requirements of staff and students and promotes inclusion (e.g. religious, medical, vegetarian and allergenic needs);
- To ensure the school provides an enjoyable, pleasant and safe environment for students and staff to consume their food and drink;
- To encourage and teach good manners and courtesy as outlined in our behaviour policy;
- To improve the quality and breadth of the curriculum and extra-curricular offers in cooking and nutrition.

The promotion of healthy eating, cooking and nutrition is delivered via:

- Form time
- Cross curricular links in our curriculum – health education, science, food technology
- Extra-curricular offers during lunch and after school

### **Dissemination**

Key information from this policy will be incorporated into the following documents where appropriate:

- School Handbook / Prospectus
- Staff Handbook / Induction materials
- Governor Handbook / Induction materials
- Student documentation

This policy should be read in conjunction with the:

- Behaviour policy
- Safeguarding policy
- Health and Safety policy
- Equality Diversity and Inclusion policy

### **Food and Drink Provision Throughout the Day**

#### **School food provision**

**Olive Dining** is Hornchurch High School's catering provider and fully complies with the School Food Standards. These standards are mandatory for all maintained schools. All





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academies and free schools are also expected to comply with these standards and since 2014 is an explicit requirement within funding agreements.

[The School Food Standards](#) – A practical guide for schools their cooks and caterers

[DfE \(2019\) Standards for School Food in England](#)

### **Breakfast**

Olive Dining offers a daily breakfast club to all pupils including those who are entitled to free school meals. The breakfast club runs from 8am and it provides free bagels supported by Family Action's National School Breakfast Programme (NSBP) and porridge to all staff and students supported by Olive Dining, alongside other optional breakfast items.

### **Snacks**

Snacks can play an important part in the diet of children and young people and can contribute positively towards a balanced diet. We encourage all students to bring fruit or vegetables for their snack time, which is for one of their two breaks. Fruit is also available to buy from the school canteen and as part of the meal deal option.

The government's guidance on [the Portion size and food groups](#) features suitable snacks. For healthy snack ideas for parents, visit [Better Health - Healthier snacks](#).

### **School lunches**

Our school meals (<https://www.hornchurchhighschool.com/home/school-life/school-meals/>) meet the statutory school food standards. Lunch is served at 11am for Years 9, 10 and 11, and at 1:30pm for Years 7 and 8.

Our dining hall offers a clean, sociable environment that is welcoming, promotes social interaction amongst pupils and encourages good manners at all times. Students are able to sit with their peers who have a packed lunch or school dinners.

We use high-quality ingredients using nominated suppliers. We regularly ask for feedback from pupils and staff to ensure the food served looks appealing and meets the needs of our pupils and School Food standards.

Desserts on our school lunch menu are made on-site daily and at least two of those are made with 50% of fruit as per the School Food Standards.

### **Drinks**

Drinking water is available throughout the school day, both from water fountains around the site and from the school canteen with all meals and children are encouraged to top up their bottles frequently. Other drinks, like milk or flavoured water are available from the canteen. Fizzy drinks are not allowed.





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### **Packed lunches**

We encourage parents and carers to provide students with healthy, balanced packed lunches that support concentration, wellbeing and learning throughout the school day. Packed lunches should include a variety of nutritious foods such as fruit, vegetables, carbohydrates and protein-based items.

Students bringing a packed lunch may eat during either first or second break.

To promote healthy choices and maintain a safe school environment, fizzy drinks and energy drinks are not permitted on site. We also ask that packed lunches do not contain **nuts**, glass bottles or items that may pose a health and safety risk.

### **School events, trips, birthdays and special occasions**

Healthy packed lunches are provided for school trips including fresh sandwiches, fresh fruit and water. Parents who provide packed lunch for the school trip are asked to ensure items are healthy and balanced.

Regular communications with parents, students and staff is maintained to promote special occasions, cultural events and celebrations via letters home, newsletters and other communications.

### **Special dietary requirements and food safety**

We are aware of food allergies/intolerances and other dietary requirements of children and young people and have procedures in place to identify and manage these. Parents of a child who has medically evidenced food allergy or intolerance should complete the 'food allergy and food intolerance management form' (available from student services) prior to their child purchasing school dinners. Parents are also asked to report any allergies when they join the school. We offer vegetarian and vegan options throughout the menu e.g. hot food/salad bar/sandwiches.

Our school and trust have requested Olive Dining provide halal meat to ensure that meat dishes are appropriate for the majority of faiths and meet the demands of the families and students at our school. Olive Dining use the HFA (Halal Food Authority) which is an accredited UK Supplier of Halal Poultry, Beef and Lamb, meaning all our meat comes from a reputable supplier with good practises and is fully certificated. HFA means the animal is stunned at the point of slaughter which is deemed better by Animal Rights organisations and more widely acceptable to many faiths. Many of the meat products we consume daily are slaughtered in this way although usually at an abattoir that is not Halal certificated. Many major UK restaurant chains use HFA meat such as Nandos. Hornchurch High School has been serving halal food since 2019. We offer non-halal meat on request and parents should request this in writing at the start of the academic year or during Year 7 induction, whichever is





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sooner, so non-halal meat can be sourced and substituted in the termly menu. The School will use reasonable endeavours to implement approved requests as soon as practicable within operational and supply constraints but cannot guarantee immediate implementation or substitution where insufficient notice is given or where supply chain limitations prevent timely fulfilment.

Although, we ask that children and staff avoid bringing in products containing nuts into the school and our caterers do not use nuts as an ingredient, we cannot guarantee our school is completely nut-free in terms of traces. We try to minimise the risk by adopting a culture of allergy awareness and education. Following Benedict's Law (effective from September 2026), there is compulsory staff training on allergy awareness, covering recognition of symptoms, emergency response and the use of adrenaline devices. In addition, staff handling food have completed relevant required training, including first aid, food allergy training, Level 2 food safety and hygiene training and manual handling. The school's lead first aider is also located in student services during the day.

### Cooking and Food Education in the Curriculum

Teaching pupils how to cook is an important part of our whole-school approach to health and wellbeing. It captivates and stimulates pupils' interest and enjoyment of food as well as building self-confidence. The school follows the National Curriculum which states that healthy eating, nutrition and cooking must be taught in Science, Design and Technology (D&T) and Health Education.

The following resources are used to develop, monitor and assess learning:

- **Core competencies for children and young people aged 5-16 years:** A framework of skills and knowledge around food diet and PA <https://www.foodafactoflife.org.uk/professional-development/ppd-toolkit/secondary/core-competences-for-children-and-young-people-aged-5-16-years/>
- **Food teaching in secondary schools: a framework of knowledge and skills:** [https://assets.publishing.service.gov.uk/media/5a80d9c440f0b62305b8d7ff/Foodteaching\\_Secondaryguidelines\\_FINAL.pdf](https://assets.publishing.service.gov.uk/media/5a80d9c440f0b62305b8d7ff/Foodteaching_Secondaryguidelines_FINAL.pdf)

We endeavour to offer a well-planned curriculum of study that incorporates messages about food and nutrition, food hygiene, food production, manufacturing, distribution and sustainability issues, which is complemented and reinforced by extracurricular activities that are accessible to all. We:





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- enable all pupils to develop an understanding of the relationship between food, physical activity and short and long-term health benefits;
- provide an opportunity to acquire basic skills in preparing and cooking food and an understanding of basic food hygiene to all students;
- provide students the opportunity to learn about the growing and farming of food and its impact on the environment;
- participate in schemes that promote positive messages about food;
- ensure all students participate in PE, sharing the importance of a healthy lifestyle and regular exercise;
- ensure equality of access for all.

For more information on government guidelines, please refer to:

- Design & Technology - <https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>
- Science - <https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study>
- Health Education - <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

### **Climate change consideration**

[Havering Food Alliance](#) outlines key steps for schools and their catering teams to take, in order to provide sustainable food services. We are committed to reduce avoidable food waste in our school kitchen. At Hornchurch High School, we encourage our catering team to reduce single use plastic within the kitchen where possible. We have 'climate friendly' menu choices as well as meat free options.

We are committed to establish effective recycling practice across the school. We will continue to educate pupils and staff to use recycling bins provided throughout the school, including correct disposal of compostable food waste.



Partnership Learning

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Home to Hylands Tennis Club