



**St Peter's**  
Collegiate Academy

# Healthy Eating and Drinking Policy

Owner	Business Manager
Review by Local Governing Body	March 2026
Next Review:	February 2028

Numquam Frustra



*'Life in all its fullness'*

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## **Statement of intent**

At St Peter's Collegiate Academy, we will support students to eat healthily and keep hydrated while in the academy. We also aim to teach students to make healthy food and drink choices using the curriculum and to reflect these principles in the academy's food menu and cooking provisions.

We acknowledge the important connection between a healthy diet and a student's ability to learn, concentrate, and achieve high standards. We are, therefore, committed to promoting a lasting healthy lifestyle for everyone.

As part of our healthy eating and living campaign, our catering will uphold the highest standards of quality, nutrition and cleanliness; adhering, without exception, to food standards and legal obligations. As such, this policy has been implemented to help staff and parents deliver consistent messages to students, enabling them to develop a positive and independent approach to a healthy lifestyle.

## **1. Legal framework**

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- The Requirements for School Food Regulations 2014
- The Food Information (Amendment) (England) Regulations 2019 (Natasha's Law)
- Food Safety Act 1990
- School Standards and Framework Act 1998

This policy operates in conjunction with the following non-statutory guidance:

- DfE (2021) 'School food in England'
- DfE (2021) 'School food standards practical guide'
- The School Plan (2014) 'School Food Standards: A practical guide for schools, their cooks and caterers'

This policy operates in conjunction with the following academy policies:

- Health and Safety Policy
- Supporting Students with Medical Conditions Policy
- Child Protection and Safeguarding Policy
- Social, Emotional and Mental Health (SEMH) Policy

## **2. Roles and responsibilities**

The governing board will be responsible for:

- Ensuring the academy promotes healthy eating and drinking habits to students.
- Ensuring the academy meets the requirements of the School Food Standards.

The principal will be responsible for:

- The overall implementation of this policy.
- Managing, or appointing a member of staff to manage, the academy's approach to healthy eating and drinking.
- Putting measures in place to ensure the academy meets the requirements of the School Food Standards and other related legislation, such as Natasha's Law.

## **3. Our aims**

The academy will adopt the following aims:

- Integrate a whole-academy ethos towards healthy eating; therefore, helping both staff and students to perform well, concentrate better and improve general wellbeing.
- Ensure all students to be well nourished and hydrated, and to ensure they have access to nutritious food and safe drinking water during the academy day.

- Encourage students to make informed food and drink choices in the academy and at home, contributing to life-long healthy eating habits.
- Use the curriculum to teach students safe, hygienic methods of preparing, handling and storing food, and to inform them about the benefits of choosing healthy options.
- Ensure there are consistent messages about healthy eating throughout the academy.
- Keep food, health, and nutrition aspects of the curriculum up-to-date.
- Ensure the academy reflects the ethical, medical, and religious dietary requirements of staff and students, and that suitable provisions are available.
- Celebrate diversity with cuisines from different cultures and other individual choices, e.g. vegetarianism, encouraging students to learn about and try new foods.
- Encourage fluid intake and help students keep hydrated, maintain concentration, reduce lethargy, and learn effectively.
- Inform staff and parents which provisions are permitted in the academy and to ensure they can effectively monitor what students are eating.
- Encourage staff to participate in our healthy eating ethos and act as role models to students.

#### **4. Healthy eating statement**

The academy will use healthier cooking methods to contribute to healthy eating, such as the following:

- Using less fat in cooking by baking foods rather than frying them
- Only have fried items on one day per week
- Where fats are used, increasing the use of healthier varieties
- Reducing the use of sugar in recipes
- Avoiding using additional salt in cooking processes
- Increasing the use of food items containing high amounts of fibre

All menus will be developed in accordance with the nutritional standards set by The School Food Plan in 'School Food Standards: A practical guide for academies, their cooks and caterers', which are outlined in the Whole-school Food Policy.

The academy will encourage students to adopt healthy lifestyles, both through a nutritional diet and regular exercise, and during assemblies, PE lessons and PSHE.

The academy will adopt a healthy eating strategy and embeds its principles throughout the curriculum.

#### **5. Drinks**

The academy will teach students the importance of drinking plenty of fluids and how hydration helps contribute to effective learning, good health and improved physical performance.

The academy will provide safe drinking water throughout the academy day. This will be available via water coolers around the site.

Staff will have access to drinking water via water coolers around the site.

The academy will encourage students to consume extra fluids on hot days and during and after physical activity, e.g. PE and sports days.

Students will be encouraged to bring bottled water with them to the academy. Students will be permitted to refill water bottles via water coolers during the academy day.

Drinks with added sugar will not be available with school meals. The academy will not permit fizzy drinks in bottles or cans on the premises at any time. These items **will be confiscated by staff and returned to the student at the end of the academy day.**

## **6. School lunches**

All school meals will meet the national guidelines for nutritional standards and food safety regulations. Our meals are supplied by Aspens and prepared by fully trained catering staff.

Portion sizes will be in line with the School Food Standards to help provide students with a nutritionally balanced meal and prevent excessive calorie intake. Portion sizes and food groups will be outlined in the Whole-school Food Policy.

School meals will include foods that are naturally rich in vitamins and minerals to support students' health and physical development.

Themed meals and meals served to celebrate festivals, holidays, or religious observances will follow the same standards applied to regular school meals.

## **7. Exemptions**

The academy recognises the following exemptions to the Healthy Eating and Drinking Policy:

- Food, drink and treats at parties or celebrations to mark religious or cultural occasions
- Provisions at fund-raising events
- Treats as rewards for achievement, good behaviour or effort
- Sixth form vending machine

## **8. Curriculum**

The academy's Healthy Eating and Drinking Policy will be integrated into our curriculum. This will be achieved through the following teaching areas:

- PSHE
- PE
- Science
- D&T

The academy will communicate how to lead a healthy lifestyle and make good food choices via the following:

- Assembly
- Making menus available on the website

- Staff as role models

## **Allergies and dietary requirements**

The academy will ensure the correct food safety measures are in place, in line with the Allergen and Anaphylaxis Policy and the Health and Safety Policy, to protect students with known allergies, intolerances, anaphylaxis, diabetes and other medical conditions associated with diet.

All foods that are pre-packed for direct sale (PPDS) will be labelled in line with the requirements of The Food Information (Amendment) (England) Regulations 2019, known as Natasha's Law, as outlined in the Whole-school Food Policy.

Parents will be required provide the academy with a written list of any foods their child may have an adverse reaction to, as well as the necessary actions to be taken in the event of an allergic reaction, such as any medication required.

The academy's chosen catering service will be responsible for ensuring that the academy's policies are adhered to at all times, including those in relation to the preparation of food, taking into account any allergens.

Learning activities which involve the use of food, such as food technology lessons, will be planned in accordance with students' IHP's, accounting for any known allergies of the students involved.

Treats for effort or good behaviour will be awarded in accordance with students' IHP's, including known allergies.

## **9. Mental health and wellbeing**

The academy understands that some students may develop disordered eating. Staff will be trained to identify potential signs of disordered eating, which can include the following:

- Skipping lunchtime
- Avoiding eating around other people
- Eating very slowly
- Going to the bathroom soon after eating
- Becoming socially withdrawn and isolated
- Not participating in physical activities

Other physical signs can include the following:

- Thinning hair
- Dry skin
- Wearing baggy clothes
- Often saying they are cold
- Persistent low mood
- Irritability
- Unpredictable mood swings

If a member of staff has a concern about a student, they will speak to the DSL and senior mental health lead, as appropriate. Depending on the concern raised, support will be delivered in line with the Child Protection and Safeguarding Policy or Social, Emotional and Mental Health (SEMH) Policy, or a combination of both.

The academy will strive to protect students from developing disordered eating through a variety of methods, including the following:

- Developing students' social and emotional skills
- Teaching students about physical health
- Teaching students about body image

Students will be encouraged to speak to a trusted adult if they have concerns about their eating behaviour or relationship with food.

## **10. Monitoring and review**

This policy will be reviewed biennially by the Academy Business Manager and governing board, or in light of any changes to relevant legislation.

Any changes made to this policy will be communicated to catering providers, kitchen staff, parents and other stakeholders, where necessary.

This policy was reviewed in February by the Academy Business Manager.

The next scheduled review of this policy is February 2028.