



St. John's Church of England VA Primary School  
*Finding the light in ourselves and each other*  
Inspired by the Gospel according to John (chapter 8, verse 12)

*An aspirational school that encourages every child regardless of their background to 'soar on wings like eagles' in their learning and personal development (Isaiah 40:31)*

# Healthy Eating and Drinking Policy

Issued:	Summer 2024
Term:	2 Years
To Be Reviewed:	Summer 2026

*A truly inclusive school that is built upon the values of  
Hope - Joy - Love - Forgiveness - Faith - Goodness*



## St. John's Church of England VA Primary School

### Aims

St John's Church of England VA Primary School (St. John's) aims to provide an environment that promotes the health and well-being of pupils, parents and staff by ensuring that all food provisions are healthy and consistent. St John's staff recognise and are committed to promoting good eating behaviour and protect those who are nutritionally vulnerable.

St John's aims to implement the School Food Standards and recognises that a healthy, balanced diet should consist of:

- Plenty of fruit and vegetables
- Plenty of unrefined starchy foods
- Some meat, fish, eggs, beans and other non-dairy sources of protein
- Some milk and dairy foods.

### Provision of Food – The Eating Environment

- All pupils eat in the dining hall with their own class and then move into the playground.
- Pupils who eat a packed lunch are encouraged to sit with children who are having school meals.
- In the EYFS classrooms, clear snack areas are provided with healthy snacks, fresh water and milk.

### School Meals (lunches)

- Food is provided by Herts Catering Limited (HCL) – if you wish to find out more about your child's school lunch, please visit their website: <https://hcl.co.uk/parents>
- Universal Free School Meals are provided for all children in Reception, Year 1 and Year 2.
- Free school meals stop in Year 3 unless you are eligible for free school meals.
- Catering staff are aware of any child who has special dietary needs e.g. specific restrictions on food due to allergies or religious reasons.
- Healthy dessert options are offered, ranging from fruit, yoghurts and cheese and crackers.
- Children are encouraged to eat their main meal before dessert, and this is monitored by the members of staff present in the hall.
- Children are provided with tap water to drink.



## St John's ensures that the School Food Standards are being met including the following:

- Starchy food cooked in fat or oil is not provided on more than two days each week.
- To promote variety, three or more different starchy foods are provided weekly, including at least one wholegrain variety.
- At least three different vegetables and three different fruits are provided each week. One or more portions of vegetables or salad as an accompaniment every day, with one or more portions of fruit.
- One portion of meat, fish, eggs, beans or other non-dairy sources of protein should be available every day. Oily fish is included in the menu once or more every three weeks.
- A portion of dairy food is included every day and lower fat milk and lactose reduced milk are made available for drinking at least once a day.
- Water is the only drink available to children during lunchtime.

## School meals (breakfast)

- Children arrive in school anytime from 7:40am and social interaction is encouraged whilst eating breakfast.
- School staff stop serving Breakfast at 8:05am. Generally, unless there is adverse weather, children go outside for an outdoor break at 8:30am.
- The food is prepared on site by school staff.
- The food on offer ranges from, sugar free cereals and milk, white and brown bread, butter, sugar free jam and raisins.

## Packed Lunches

- Children are encouraged to show their packed lunches to a member of staff before and after they have eaten especially in Early Years and Key Stage 1.
- Unhealthy food may be removed by staff and returned to the child at the end of the day.
- Parents are contacted by a class teacher if lunch boxes do not contain a balanced diet. Healthier options are discussed.
- Please see packed lunch policy for further information.



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### Snacks

- Free Milk will be offered to pupils up to the term after their 5th birthday – parents may purchase milk for their children if they wish.
- A range of fresh fruit, vegetables and raisins are offered to children in Early Years and KS1.

If children in KS1 and KS2 wish to bring their own snacks from home, these should be fresh or dried fruit/vegetables only

More information: <https://www.nhs.uk/live-well/eat-well/how-to-cut-down-on-sugar-in-your-diet/>

### Drinks

- Drinking water is available in all classes, on tap, for children to drink water throughout the day. Pupils are encouraged to bring in their own clean, labelled, reusable bottles from which to drink, which are taken home each day.
- Milk can be purchased through a booking form in the school office.
- If a child is not 5 years old until December, they will be entitled to free school milk.
- Juice is not permitted unless there is a special educational need and this has been discussed and agreed with a member of the Senior Leadership Team.

### Parents

- Parents can book their child's meal through our online booking system, Arbor.

### Other Key Points

- Sweets or chocolates for special occasions, such as birthdays, are permitted. However, due to the complexities of ingredients and food allergies we kindly ask that these are taken home so that parents can decide if they can be consumed.
- On school residential where a lot of energy is exerted, a variety of snacks e.g. biscuits may be consumed with parental permission.
- Leftover fruit and milk from EYFS and Key Stage 1 is given to Key Stage 2 when possible.
- During SATs week, all year 6 pupils are offered a free healthy breakfast



## St. John's Church of England VA Primary School

### Food Hazards in School

There are many food hazards and necessary risk assessments need to be implemented for the welfare of all our children, staff and visitors who may be on site.

For example, grapes are a known choking hazard and should be cut in half, long ways, if they are going to form a child's snack or be part of their packed lunch.

Due to the high risk of nut allergies, and allergies in general, we ask that children do not share food from home with one another and that parents do not send children in with foods containing nuts. For more information, please read our Nut Allergy Awareness Policy.



# Healthy Eating and Drinking Policy Document Control

24th June 2024	Approved	Lee Pocha - Chair of Quality of Education Committee
24th June 2024	Created	Rachel de la Croix