



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

Approved By:	Quality of Education Committee
Issued:	Summer 2026
To Be Reviewed:	Summer 2028

*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

At St John's Church of England VA Primary School (**St John's or the school**), we are committed to promoting the health and wellbeing of all pupils, parents and staff by ensuring that the food and drink we provide and that brought into school, supports a healthy lifestyle. We recognise that healthy eating contributes to children's concentration, behaviour and learning and we aim to make it easy for families to make positive food choices. We fully recognise that parents know what's best for their own child and we appreciate the effort it takes to provide nourishing snacks and lunches each day.

For some children with Health Care Plans, parts of this policy may not apply for medical reasons.

Our Approach to Healthy Eating

We follow the School Food Standards for England, ensuring that meals and snacks promote a healthy, balanced diet that includes:

- Plenty of fruit and vegetables
- Plenty of unrefined starchy foods (e.g. wholegrain bread, pasta, rice)
- Some meat, fish, eggs, beans or other non-dairy sources of protein
- Some milk and dairy foods
- Limited foods high in fat, salt or sugar

Please visit www.childrensfoodtrust.org.uk/schools/the-standards for more information.

The Eating Environment

- All pupils except Nursery pupils eat lunch in the dining hall with their own class before going to play. Nursery pupils eat lunch on tables in their classroom.
- Children who bring packed lunches are encouraged to sit with children having school meals.
- In the Early Years and Year 1 classrooms, clear snack areas are provided with healthy snacks, fresh water and milk – milk is free to children under 5 and can be purchased if they have had their 5th birthday

School Meals (Lunches)

- School lunches are provided by Herts Catering Limited (HCL). Visit <https://hcl.co.uk/parents> for more information.
- Universal Free School Meals are available for all children in Reception, Year 1 and Year 2.
- Free school meals continue beyond Year 2 only for eligible pupils.
- Catering staff are informed of any dietary needs, including allergies and religious requirements.
- Healthy dessert options include fruit, yoghurt and cheese with crackers.
- Children are encouraged to eat their main meal before dessert.
- Tap water is provided with every meal.

Breakfast Club

- Breakfast Club opens from 7:40am, with serving ending at 8:05am.
- The menu includes sugar-free cereals, yogurt, white bread, butter, sugar-free jam, raisins, milk and sugar free apple and orange juice.



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- At the end of a term, fruit and special treats may be served.
- Children are encouraged to enjoy breakfast socially before heading outside or to classrooms at 8:30am (weather permitting).

Packed Lunches

- Packed lunches should reflect a healthy balance.
- Children are encouraged to show their lunches to staff (especially in EYFS and KS1).
- Nuts or any food containing nuts not allowed in packed lunches.
- Packed lunches should not include confectionery such as chocolate bars, chocolate-coated biscuits, and sweets sugary soft drinks, such as squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value).
- Prohibited food will be removed and returned at the end of the day.
- Parents may be contacted if lunches regularly do not include balanced options.

Snacks

- Children in Early Years and Key Stage 1 receive free fruit or vegetables daily.
- Children in KS1 and KS2 may bring snacks from home.

Snack Time Procedure

Years 2–6:

Pupils in Years 2 to 6 should enjoy their morning snack during playtime.

Year 1:

Year 1 pupils should have their snack while sitting down during story time, accompanied by milk - if ordered or purchased - or water.

General Guidance:

To ensure children can fully enjoy their playtime and to prevent interruptions to learning, snacks should be quick and easy to eat. For example:

✓ Accepted snacks:

- Fresh or dried fruit
- Raw vegetables
- Rice cakes (plain or lightly salted)
- Breadsticks or crackerbreads
- Plain popcorn
- Crackers
- Cheese

⊘ Not permitted:

- Nuts (due to allergies)
- Sugary yoghurts
- Biscuits
- Crisps
- Sweets/ chocolates



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- High-sugar foods

Drinks

- Water is available in all classrooms and in the dining hall.
- Children are encouraged to bring a clean, labelled, reusable bottle each day.
- Milk is available to purchase; children under 5 are entitled to free school milk.
- Juice is not permitted unless agreed with the Leadership Team for medical or additional needs

Special Occasions

- Sweets or chocolates for birthdays and celebrations are permitted. These are to be taken home, so parents can decide if their child can have them.
- On school residential or special events (e.g. SATs week), other snacks may be provided as agreed in advance.

Food Safety and Allergies

The school is aware of food allergies and has a procedure in place to manage food allergies and other special dietary requirements within school.

- Grapes must be cut in half lengthways before being brought into school.
- Due to the high risk of nut allergies, no nuts or foods containing nuts are allowed to be brought into school. This includes staff and visiting adults.
- Children should not share food from home.
- Please see our Allergy Awareness Policy for further information

Visit www.anaphylaxis.org.uk/schools/help-for-schools for information on managing allergies in schools.

Policy review

This policy will be reviewed every two years and will be approved by the Quality of Education Committee.



Healthy Eating and Drinking Document Control

22 nd June 2026	Approved	QofE – merged with packed lunch policy.
24 th November 2025	Approved	Permitted snacks updated to reflect needs of the school. QofE approval
24 th June 2024	Approved	Quality of Education Committee
24 th June 2024	Created	Rachel de la Croix