

St John's CE Primary

Food policy



“Use your God-given gifts to serve others” 1 Peter 4:10

Approved by:	BASS Committee
Last reviewed on:	Autumn Term 2025
Next review due by:	Autumn Term 2028

All different, all equal, all growing together.

1. Background and ethos

As a church school, we want to serve the needs of our children whether they be academic, social, emotional or spiritual. We want our children to grow and build healthy habits and part of this is acknowledging that what children eat and drink at school is important. We aim to have a school where the teaching and learning about food and nutrition that occurs in the curriculum fully supports and is supported by the provision and opportunities for eating and drinking that occur on the school premises.

We acknowledge the link between children's diets and their physical and emotional health and also the key role that we as a school can play in supporting children and their families to develop and maintain a healthy diet.

The policy is fully inclusive and applicable to children with special dietary requirements either for medical or religious reasons.

The ethos of the school is one that promotes awareness and the importance of healthy lifestyles within the school at all times and recognises the valuable role that all school staff have in modelling good practice and helping to create an environment which supports a positive attitude to healthy lifestyles.

2. Aims and Objectives

At St John's we aim

- to ensure that all aspects of food and nutrition promote and support the health and well-being of children and staff and meet the mandatory nutritional standards for school lunches and food served throughout the school day.
- to equip children with the skills, attitudes and knowledge to enable them to make informed choices about food throughout their lives
- to ensure equal access for all to healthy food and drink and appropriate nutrition education

At St John's school we will meet these aims by :

1. ensuring that the requirements of the food policy are in the School Improvement Plan if appropriate
2. reviewing all teaching and learning to ensure that information relating to food and nutrition in different lessons/subjects/key stages are consistent and up-to-date and that there are no gaps in the curriculum.
3. ensuring that children are well nourished and hydrated at school and that every child has access to safe, tasty, nutritious food appropriate to their needs including meals served at the end of lunchtime.
4. enabling pupils to have sufficient time in order to eat their food.
5. ensuring that the surroundings are as pleasant as possible
6. working in partnership with parents to promote the aims of the food policy including all foods brought into the school by children.
7. introducing and promoting practices within the school to reinforce these aims and removing or discouraging practices that negate them.

3 Teaching and Learning

At St John's, teaching and learning about food occurs across the curriculum from Nursery through to year 6. It is mainly taught through the Science, Design technology and Personal, Social, Health Education curriculums. We cover areas such as food, health and growing, teeth and oral hygiene, keeping healthy in science and

PSHE. These are age appropriate. In Design Technology we have a strand for learning about food technology, which is taught in each phase.

4 Food provision other than at lunchtime

At St John's, we provide food and drink to children throughout the school day, which all meets the nutritional standards.

Breakfast Clubs

Between 10 and 20 children regularly attend the breakfast club which is run by St John's school staff. The food and drink provided are unsweetened breakfast cereals (no added sugar), toast and semi skimmed milk. The breakfast club promotes the ethos of healthy eating.

Mid-morning provision

In Foundation Stage and Key Stage One children are provided with a free piece of fruit from the 'Free Fruit Scheme'.

In Key Stage Two children are permitted to bring a 'healthy snack' from home for mid morning. Chocolate, sweets, biscuits and crisps are discouraged. Children are provided with a piece of toast made with 50/50 bread.

All children are permitted to bring a water bottle from home, and can also buy milk from school. Fresh water is available for all children.

Fluid consumption

All children have free access to fresh water whenever they wish. All children are asked to bring in a water bottle from home. Where this is not possible, a bottle is provided by school.

Adults in school encourage children to drink water regularly, particularly after PE lessons and during times of hot weather.

5 Food provision at lunchtime

School lunches

At St John's, we provide food and drink to children at lunchtime which will meet the mandatory nutritional standards. The school meals are provided by our in-house catering staff.

The menus are devised by the school meals service and are nutritionally analysed by City Service. Details of the nutritional analysis is available from the kitchen if there is any concern over whether the nutritional standards are being achieved.

The menus reflect the cultural mix of the school and reflect children's choices. Children are supported to make healthy choices from the selection provided by all catering staff. Menus are discussed at school council meetings and the catering manager attends this meeting to discuss any changes that may be wanted.

Children have sufficient time to eat their food.

To help create a suitable ambience in the dining room all lunchtime supervisors have been trained on managing pupils' behaviour and support is given by the presence of a member of the leadership team during the lunch break.

Within and outside the dining room the menu for the day is prominently displayed so that children can decide what to eat before entering the dining room, thereby speeding up the queues. They are also available to view on our school website to enable children to discuss and decide their food choices at home.

Packed lunches

All children who bring packed lunches to school will be given information on appropriate healthy eating

guidelines. The senior lunchtime supervisor and/or the leadership team monitor the contents of the packed lunch. Additionally contact will be made with parents if

- children are not eating the food sent for them
- children are regularly provided with unhealthy options
- children are still hungry after eating packed lunch
- children are unable to eat the quantity of food supplied

6 Specific issues/ special occasions

- Very occasionally we hold parties in the classroom to celebrate special occasions or events (ie Christmas, End of SATs, House Party awards). As these parties are occasional some special party food is allowed. However, this will always consider and adhere to allergy and food preparation requirements in accordance with Natasha's law. We do not encourage children to bring food in for these occasions.
- At St John's Church of England Primary School, we do not encourage children to bring in sweets for the class on their birthday
- We do not use sweets or chocolates as a regular reward system, although they are used as occasional prizes.
- Chocolate advent calendars may be used during December.
- Cookery Club will support the school's ethos on promoting healthy eating, by using healthy ingredients where there is an option, and seeking to cook a healthy balance of recipes.
- A member of staff in each year group has attended and completed Food Hygiene training.

7 Working with parents and carers

The partnership of parents with our school is essential and particularly with promoting healthy eating. At St John's Church of England School we:

- send sample menus home at the beginning of the academic year as well as sharing these on our website
- ensure the food policy is accessible on the school website for parents to read and adhere to when bringing in food from home
- ask parents for their views on changes to the food and drink provision in the school.

8 Monitoring and evaluation

Compliance with nutritional standards at lunchtime will be monitored by nutritional analysis of menus by City Service (the school meals provider) and reported to the Governors meeting on an annual basis.

Compliance with nutritional standards at times other than lunch will be monitored by the members of the leadership team responsible for food and reported to the Governors meeting on an annual basis.

Children's menus and food choices are monitored and used to inform policy development and provision. Monitoring occurs via a variety of methods such as visual monitoring by Lunchtime Supervisors, monitoring by children, surveys by children, use of school council.

Nutrition education in the curriculum will be monitored by the subject teacher with responsibility for health education on an annual basis.

9 EYFS Statutory Requirements: Nutrition and safer eating

In addition to the school food policy and procedures outlined above, our school is committed to promoting healthy eating and ensuring safe eating practices in accordance with the Early Years Foundation Stage

Statutory Framework. This section outlines our approach to meeting the statutory requirements:

Nutrition Standards

- All snacks provided will be nutritious, balanced and age-appropriate.
- We adhere to the Department for Education's Nutrition Guidance, which includes considerations for allergies, intolerances and dietary preferences.
- We promote healthy eating habits through educational activities and role modelling.

Special Dietary Requirements

Prior to a child starting at our setting, parents/carers must complete a dietary information form detailing:

- Allergies
- Intolerances
- Cultural or religious dietary preferences

This information is shared with all relevant staff and reviewed termly or when updates are provided by parents.

Allergy action plans must be in place for children with known allergies and kept up to date.

Safer Eating Practices

- Children must be within sight and hearing of a staff member during all meals and snacks
- A staff member with a valid paediatric first aid certificate must be present in the room during eating times
- Staff must sit facing children during meals to monitor for choking, allergic reactions and food sharing.
- Food must be prepared to reduce choking risks:
 - Grapes, cherry tomatoes and similar foods must be quartered
 - Cylindrical foods must be cut into thin batons
- Children must be seated safely with minimal distractions

Food Checking and Monitoring

- A nominated staff member (ideally the child's key person) must check each child's food before serving to ensure it meets their dietary needs.
- All staff receive annual training to ensure staff recognise symptoms of allergies and anaphylaxis and know how to respond appropriately, including those with auto-injectors.

Record Keeping

- All choking incidents must be recorded and shared with parents/carers. These records will be reviewed periodically to identify trends and improve safety.
- Dietary information and allergy action plans are stored securely and updated regularly.

Parent Partnership

- We work closely with parents to support weaning in stage-appropriate ways and ensure food textures are suitable for each child
- Parents are encouraged to support safe eating habits at home and to communicate any changes in their child's dietary needs promptly.

10 Review

This policy was agreed by the Governing Body at their meeting in September 2025, following updates to [The Early years foundation stage statutory framework 2025](#). This policy will be reviewed in September 2028, or earlier if new legislation is introduced.

