



SAINT JOHN'S

Food Policy

Designated Member of Staff	Inclusion Lead
Date of Issue	May 2021
Frequency of Review	Every two years

Issue Number	Issue Date	Summary of Changes
1	December 2021	Re-formatting of the policy
2	March 2023	Review of policy
3	November 2025	Review of policy

The ethos of Saint John's CE Primary School is to be a place where "we all flourish" and, as such, aims to provide a stimulating and caring environment in which each child may experience high standards of education and preparation for the future, working in partnership with parents and the local community. The Food Policy is written in accordance with this ethos.

Responsibilities:

The staff and governors at Saint John's Church of England Primary School recognise the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. As a school we also recognise the role that we can play, as part of the larger community, to promote healthier eating to children and families.

Aims:

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues.
- To encourage parents to provide children with a healthy lunch box containing a balanced diet for the children.
- To provide parents with a choice of purchasing healthy hot meal options, including free school meals for all Reception and KS1 children.
- To ensure that all pupils have access to a safe easily available water supply during the school day
- To introduce and promote practices within the school that will encourage a healthy lifestyle, to reinforce these aims, and discourage practices that negate them.
- Create an environment that encourages hygienic, social and moral standards that can be sustained.
- Develop an understanding and ethos within the school of what constitutes a healthy balanced diet and promote this through the curriculum.
- Establish an effective structure to oversee the development, implementation, and monitoring of this policy.
- To work towards ensuring that this policy is both accepted and embraced by:

Governors
School Leadership Team
Teachers and Support Staff
Pupils
Parents

How we will meet these aims:

- To keep parents informed of latest nutritional advice in the form of leaflets and newsletters.
- To encourage and provide parents with nutritional information via the school nurse.
- Parents to provide children with a water bottle each day so that children can have easy access to water, and provide facilities for re-filling water bottles throughout the day with clean safe water.
- Foundation and Key Stage 1 children to be encouraged to eat fruit and vegetables at snack time as provided by the government scheme.
- All children are allowed a healthy snack of fruit, veg, cheese, bread sticks and plain crackers from Monday – Thursday. On Friday children will be allowed a snack of their choice excluding chocolate and sweets.
- Milk can be provided at a reduced cost for snack time from ‘Cool Milk’ company.
- Fizzy drink and sweets to be prohibited.
- At lunch times tables are cleaned prior to children eating.
- Facilities to wash hands are always available and children are encouraged to do this prior to eating.
- All litter is collected and disposed of immediately by lunch time supervisor.
- Children to sit in social groups and respect each other.
- Children to be supervised whilst eating lunch.
- Promotion of good manners and respect for others whilst dining.
- Through a robust and ambitious curriculum, promotion of what constitutes a healthy balanced diet will be taught throughout the school.
- Governors and staff will be responsible for implementing and monitoring of this policy.