OUR SCHOOL VISION

Our mission is to RECOGNISE the original gifts of our young people, preparing them for SERVICE in the common good for the transformation of society and we aim for academic EXCELLENCE for all, for the sake of the dignity of the individual.

OUR MISSION STATEMENT

Together,
Through our words and actions,
Our work and play,
We point towards Christ
Each and every day

FOOD POLICY

"I will be careful what I do." (Ps 39:1)

This policy has been approved and adopted by the Governing Body in May 2026 and will be reviewed in May 2029.

Signed by Chair of Governors:_____

Signed by Headteacher:_____

Date	Reason & Changes Made	By
5/9/23	Policy Review Cycle	Catherine Whatley Headteacher
5/5/26	Policy Review Cycle Aligned with DFE School food standards practical guide, Nov 2025	Catherine Whatley Headteacher

POLICY STATEMENT

St John the Baptist Catholic Primary School is fully compliant with the Department for Education School Food Standards, as set out in the School Food Regulations (2014) and the School Food Standards Practical Guide (updated November 2025). All food and drink provided by the school during the school day, including breakfasts, breaktime snacks, lunches and after-school provision up to 6pm, meets statutory nutritional requirements.

The school ensures that:

- Pupils have daily access to fruit and vegetables and free access to drinking water throughout the day.
- Foods and drinks high in fat, sugar and salt, including energy drinks, are restricted or prohibited in line with national guidance.
- Food provision reflects the Eatwell Guide and promotes healthy, balanced eating.
- Reasonable adjustments are made to meet medical, dietary, cultural and religious needs, including robust allergen management within a nut-free environment.
- School meals provided by the catering contractor comply with statutory standards and contractual requirements.

Compliance is underpinned by a whole-school approach to healthy eating, reflected in curriculum provision, positive role modelling by staff, and consistent messaging to pupils and parents.

AIMS

a) To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to our school.
b) To give our pupils the information they need to make healthy choices
c) To continue to actively support and model healthy eating and drinking throughout the school day.
d) To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils.
e) To make the consumption of food an enjoyable and sociable experience

OBJECTIVES

a) To promote healthy eating by giving our pupils the information about healthy food choices in order to make informed choices.
b) To promote health awareness.
c) To encourage pupils to make healthy choices
d) To ensure the curriculum information relating to food and nutrition is being delivered, is consistent and up to date.
e) To provide support for parents and pupils on healthier lunch box choices.
f) To ensure that a teacher has a basic food hygiene qualification and informs/monitors staff as appropriate.

IMPLEMENTATION

- <u>Fruit/vegetables</u>.
    a) All pupils are encouraged to eat fruit/vegetables every day.

b) Our Key Stage 1 pupils are offered a piece of fruit/vegetable daily, as part of the Fruit in School Campaign.
c) Our Key Stage 2 children will be encouraged to bring a morning snack of fruit, vegetables or seeds
d) A salad bar and a choice of fresh fruit for pudding are available each day in the lunch hall.
e) Staff actively encourage the children to eat their fruit and vegetables during lunch
f) The whole school participates in the annual "Eat them to defeat them" campaign.

- Drinks.
  a) All pupils are required to have water bottles in the classroom.
  b) There are sufficient water stations around the school for children to ensure their water bottle is always full.
  c) Fizzy drinks and energy are not permitted.
  d) All our under 5s are entitled to free milk as are all children in receipt of FSM. The milk is supplied by a third party chosen by Hampshire. Any parent with a child over the age of 5 can choose to buy milk through the scheme if they wish.

- Prohibited Food.
  - All nut products
  - Confectionary,
  - Fizzy drinks and energy drinks.

  The school does not permit commercially prepared takeaway or fast-food items (such as burgers, pizza, fried foods, or similar) to be brought onto the premises for children to consume for morning snacks of lunch.

  Celebration or community events may allow confectionary, fizzy drinks and commercially prepared takeaway or fast-food items but must not include energy drinks or nut products.

- Restricted Food.
  We do not allow crisps, cake or chocolate bars for mid-morning break, although a choice between crisps, biscuit bars and cakes are allowed in lunch boxes as part of a balanced diet (having multiple items from this list in one packed lunch does not reflect a balanced diet). For more information on break time snacks please see Appendix 1.

  School Food Standards do not apply at parties, celebrations to mark religious or cultural occasions, or at fund-raising events.

- School Caterers.
  Our school meals are provided by Dolce Catering, who have a healthy food policy as part of their tender. They ensure where possible that meals include fresh fruit and vegetables each day as a choice for pupils.

- Education.
  Healthy Eating is not just about what goes on in the lunch hall and on the playground. We have a responsibility to teach children how and why they need to eat a healthy and balanced diet. We do this through curriculum areas such as RHSE, science, PE and DT.

- Incentives.
  Children are praised for healthy eating, trying something new and for showing good manners at the lunch table. When this is identified they will be awarded a sticker.

- Larks and Owls Clubs

  Food provided by the school up to 6pm meets School Food Standards. We offer a range of snacks and lighter meals for the children to enjoy. These vary daily but include:
  - Greek yoghurt & honey

- Scrambled egg, beans & toast
- Crumpets
- Scotch pancakes
- Toast & cereals
- Milk and water are always available to drink
- Sandwiches, wraps and baguettes
- Vegetable sticks and fruit platters

The implementation and effectiveness of the Food Policy and compliance with School Food Standards are regularly monitored by school leaders and governors.

- The **Headteacher and Senior Leadership Team** hold overall responsibility for ensuring compliance with statutory requirements and for promoting a positive food culture across the school.
- Day-to-day practice is monitored through observation of food provision, liaison with the school catering provider, and feedback from staff and pupils.
- The provision of food at lunchtime, breaktime, and within wraparound care is reviewed to ensure alignment with statutory standards and this policy.
- Governors have strategic oversight of school food provision. This includes periodic review of the Food Policy, scrutiny of compliance with School Food Standards, and consideration of the impact of food provision on pupils' health, wellbeing and readiness to learn.
- The governing body ensures that the policy is reviewed on a three-year cycle, or sooner if national guidance or statutory requirements are updated.

Through this shared responsibility, leaders and governors ensure that food provision consistently supports pupils' health, wellbeing and educational outcomes.

Resources
http://whatworkswell.schoolfoodplan.com/
https://www.gov.uk/government/publications/school-food-standards-resources-for-schools

Appendix 1

Healthy Eating – Break Time Snacks

Diet and nutrition play an important role in the mental, physical and social development of a child. The establishment of healthy eating in childhood can reduce the risk of health problems such as coronary heart disease, diabetes and osteoporosis in later life. With this in mind, we aim to establish good eating habits, to promote good growth and to hope that these will be continued into adulthood.

Historically, some children were bringing in snacks with a high fat and sugar content and we took the opportunity to work with all the children to enable them to make healthier choices.

In school we feel that it is beneficial for all children to have a substantial snack at break time. This is an important part of the diet for young people who may not get enough energy for growth and development from their three main meals and because snacks can positively contribute towards a balanced diet (providing foods which are high in sugar, fat or salt are avoided) we permit only healthy snacks at break time.

In line with our healthy eating policy a piece of fruit or vegetable is provided for every KS1 and EYFS child in school.

Healthy Choices
Possible healthy break time snacks include:

- A piece of fruit
- Dried fruit such as raisins
- Vegetable sticks
- Crispbreads
- Rice cakes
- Bread sticks
- Cheese
- Twiglets
- Crackers

Sugar and fat laden foods such as confectionary, biscuits, pastries, sausage rolls are not allowed.
Remember we are a nut-free school.

Fluids in school
We would also like to take this opportunity to remind parents that children must bring a water bottle into school. Children require 6-8 glasses of fluid a day to stay healthy and even small levels of dehydration can lead to reduced levels of concentration and affect behaviour. Personal water bottle can be kept in the classroom and filled up as needed. We do not allow anything other than plain unflavoured water in these bottles. Children should take their water bottles home at the end of each day to be washed.