



Whole School Food Policy Overview



St John's Highbury Vale CE Primary School Vision for Education:

"I can do all things through Christ who strengthens me." Philippians 4:13

This can be lived out through our school motto,

'every child, every opportunity, every day.'

At St John's we recognise the importance that a healthy diet plays in a child's wellbeing and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

Break time snacks

All Foundation Stage and Key Stage 1 children are provided daily fruit or vegetables as part of the Government scheme. Any snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

School lunches including packed lunches

At St John's all school meals will be prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT. School meals are prepared on site by Caterlink, who are the preferred catering supplier by Islington Council. All pupils from Reception – Year 6 are entitled to a free school meal by the LBI. We will provide Universal Free School Meals for children in Foundation Stage, Key Stage 1 and Key Stage 2. We will encourage parents to take up this offer. Advice on how to do so is provided to parents in new starter packs and is offered from the front office staff.

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch, our packed lunch guidance supports parents to make informed choices to create it healthily. Please be aware that we are a healthy school and want to keep your children as healthy as we can. Therefore, we ask that the children only bring healthy snacks into school for playtimes and lunchtimes. Please see the list below for advice on what is and is not advised by the NHS. There is also more information available on their website: nhs.uk/change4life

Healthy Snacks	Snacks to Avoid
Fruit	Confectionary (of any kind)
Vegetable Sticks	Chocolate
Yoghurt	Chocolate covered snacks
Bag of plain popcorn	Crisps (including over baked)
Bread Sticks	Cereal bars
Rice or Corn Cakes	Cakes
Malt Loaf	Sweet Pastries
Raisins	Biscuits
Olives	Doughnuts

Water

Clean filtered drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. All packed lunch pupils have access to water at lunchtime, meaning there is no need for an additional drink to be brought as part of a packed lunch. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned. No drinks other than water should be brought into school by pupils, unless recommended by a doctor for medical needs.

Breakfast Club & Kidz Club

Food provision at our breakfast club is compliant with the National School Food Standards. Relevant staff have basic food hygiene and preparation certification. Child can choose their breakfast from a range of fruit, cereals, toast, waffles, yogurt etc. All children sit down as a small group in a calm positive environment before they start their school day. Kidz Club provide a variation of snacks for the children, including wraps, hummus, crudities, bagels etc, and will start to offer warm snacks in the winter months.

Events and Celebrations

We want to give children the opportunity to celebrate their birthdays at school but to promote healthy eating choices. We would ask that parents and carers to provide sensible choices to share in school, such as; popcorn, healthy home baked goods or fruit based goods. No sweets, chocolates or cakes are allowed at any time.

Special Dietary Requirements

- Religious and ethnic groups
- Vegetarians and vegans
- Food allergy and intolerance
- Nut Free School

St John's is aware of all food allergies/intolerances and other dietary requirements of the children. We offer a vegetarian option every day for school lunch. The schools SEND coordinator ensures at the beginning of every year, that the school allergy sheet is updated and that the parents of any new child who starts at St John's, complete the relevant paper work. All first aid staff are trained to deal with allergy reactions. A list of children with specific food allergies is provided to the kitchen staff, is available in Maberly Hall kitchen and is shared with all staff members at the beginning of each academic year. A folder containing all food allergy and intolerances is kept in the Head of Schools office. Parents are asked to update their child's medical care plan annually at the start of a new academic year and if any changes are required to their child's Medical Care Plan.

We ask that you please support us in following the guidelines that we have put in place. We do have a number of children in school who have severe allergies to nuts. It is essential that we do not send nuts, in any form, into school as snacks. If you have any questions about anything listed in this overview, please do get in touch with Mrs Hodgson.