



St. John's CE Primary School

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Headteacher: Sarah Stone



12.11.25

Dear Parents and Carers,

Food and Nutrition Policy update

After consultation with our school community, we are pleased to inform you that our school has introduced a Food and Nutrition Policy, developed in line with the latest Department for Education (DfE) guidelines. This policy reflects our commitment to promoting the health and wellbeing of every child through healthy eating.

The policy ensures that:

- All food and drinks provided at lunch and within our Before and After School Club meet the DfE School Food Standards.
- We actively promote a balanced diet rich in fruits, vegetables, and wholegrains, and low in sugar, salt, and saturated fats. This is in line with our science, D & T and PHSE curriculum.

You said, we listened:

Parent voice stated that you wanted St. John's to keep the option of 'occasional treats' which is something we will endeavour to do. You also said that you wanted to keep the option to celebrate your child's birthday which we will continue to support.

How You Can Help:

We value your partnership in supporting by:

- Follow the policy / guidance if your child brings in a packed lunch from home – please see the information below regarding healthy food swaps and lunch box ideas.
- Avoid sending food items containing nuts or nut-based products.
- If you'd like to celebrate your child's birthday, please consider sending alternatives to 'sweet treats' eg bubbles / stickers. If you do choose to send a food item in to school, we will send these home with the children so that you can continue to monitor what your child eats.

Thank you for your continued support.

Best wishes

Mrs Stone

Policy Guidelines and Support:

Food swaps...	Swap with...
Foods that are high in sugar e.g. biscuits, chocolate, cake bars, pudding pots, split pots / high sugar yoghurts, cereal bars.	Malt loaf / rice cakes / fresh or tinned fruit (in juice not syrup) / tea cakes / scotch pancakes / crumpets / crackers and cheese.
Sugary drinks.	Water / no added sugar drinks.

- Change4Life: <https://www.nhs.uk/healthier-families/>
- Eat Well Guide: [The Eatwell Guide - NHS](https://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps/)
- <https://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps/>
- Sugar calculator - Food facts - Healthier Families - NHS (www.nhs.uk)
- Children's weight - Healthier Families - NHS (www.nhs.uk)

"SHINE like the star you are."