



HECKINGTON ST. ANDREW'S C OF E PRIMARY SCHOOL NEWSLETTER

Ofsted
Good
Provider

10th September 2026

Dear Parents and Carers

We are really looking forward to seeing you at our Meet and Greet meetings next week. These are always a lovely opportunity to meet your child's new class teacher, find out a little more about their classroom and routines, and hear about what the year ahead will look like.

You may also notice more information about food at school in this newsletter. We have been taking the opportunity to review and update our Food Policy, particularly in light of the Government's forthcoming changes to the School Food Standards.

We know that food can sometimes be an area where families have questions, so we want to make sure that our approach is clear, consistent and easy to understand. Please do take a few minutes to read the information included in this newsletter, which explains our approach and the choices we make in school.

At the heart of this is our wish to help children develop healthy habits and positive attitudes towards food. Our everyday snack choice at school is fruit and vegetables, and we encourage children to enjoy these as part of a healthy, balanced diet.

Thank you, as always, for your support in helping us to create a healthy and happy environment for all our children.

Yours sincerely

Mrs. Judith Bentley
Head teacher

We would like to remind all families that we are a nut free school. This policy is in place to help protect children and staff who have severe nut allergies, where even small amounts of nuts can cause a serious allergic reaction.

Please do not send any foods containing nuts into school. This includes items such as:

Peanut butter sandwiches
Nutella or other chocolate-hazelnut spreads

Mixed nuts

Nut bars

Foods that contain nuts as ingredients

We kindly ask that you check food labels carefully when preparing packed lunches and snacks.

Thank you for your support and understanding in helping us provide a safe environment for everyone in our school community.



Diary dates

14th September 2026 3.30pm - Meet & Greet for Year 1, Year 3 & Year 6

15th September 2026 3.30pm - Meet & Greet for Year 2, Year 4 & Year 5

17th September 2026 2.50 pm - Meet & Greet for Reception

28th September 2026 - Harvest Festival 9.30am in St. Andrew's Church
- further details to follow

14th and 15th October - Parents consultation evenings - details to follow

20th October - Y6 Class worship 9.00am in school. Parents welcome

23rd October - Non uniform day in return for a chocolate item for chocolate tombola

23rd October - Last day of term

2nd November - first day back

OUR SCHOOL VISION

By our whole school community living by the Christian principles of respect, resilience, relationships, reverence and responsibility, we will produce children ready for the next stage of their lives.

Five Rs = Ready for Life

"I have come that they may have life, and have it to the full." John 10:10



Food at School

Healthy Choices, Treats and Our Approach to the 2026 School Food Standards

Supporting healthy, happy children who are ready for life. 

Healthy
Choices
Brighter
Futures 

We know that food can sometimes be a source of questions for families, particularly as the Government is currently updating the School Food Standards. The updated guidance was published in July 2026, with the final outcome of the wider review due to be published later in September.

We therefore wanted to explain clearly how we are approaching food and treats at school, and why you may notice some changes this year. 

Snacks at School

The Department for Education's guidance is clear that snacks should be a piece of **fruit or vegetables with no added salt, sugar or fat.**

- EYFS and Key Stage 1 receive a free piece of fresh fruit or vegetable.
- Key Stage 2 should bring a piece of fruit or vegetable for their snack.
- We are a nut-free school, so please do not send nuts or products containing nuts.



Fruit and vegetables are the everyday snack choice at school.

Breakfast Club & After School Club

Our menus have been carefully reviewed and changed to ensure they comply with the School Food Standards.

They have also been checked by Lincolnshire County Council for compliance.

We want children attending our wraparound provision to have food that is nutritious, balanced and appropriate for the time of day.



Toasty Tuesday

Toasty Tuesday will continue!

This is a small school fundraising initiative, rather than our everyday snack provision.

- Children will receive one slice of toast (rather than two).
- We see this as an occasional treat and fundraising activity.
- The income raised goes directly towards supporting opportunities and resources for our children.

A tasty treat for a great cause!



Hot Choc Friday

Hot Choc Friday is a reward, rather than part of our regular food provision.

- The hot chocolate is sent home with children, rather than being consumed in school.
- Parents and carers can decide whether, when and how their child has it.



We think it is important that school life includes the occasional reward and something to look forward to!



Packed Lunches

We will continue to encourage children to bring healthy, balanced packed lunches.

- We recognise that families make their own choices about what goes into a packed lunch and we are not looking to make lunchtime unnecessarily difficult for parents.
- Our aim is to work with families to encourage children to develop healthy eating habits and understand that food provides the fuel they need to learn, play and grow.



Can children still have treats?

Yes!

There is a place for treats.

The Government's guidance recognises that the food standards do not apply in the same way in certain circumstances, including fundraising events, rewards, celebrations and food used in teaching cooking skills. We don't want to create a school where children never see a cake, biscuit or chocolate! We are aiming for balance, not banning treats.



There will still be occasions such as:

- end-of-term treats
- school fundraising events
- special celebrations
- occasional rewards
- food-related events and activities

Birthday treats



Children may still bring in pre-packaged treats on appropriate occasions.

- Please ensure these are pre-packaged so that ingredients and allergen information are clear.
- These treats will generally be sent home with children rather than eaten in school.
- This helps us to manage allergies safely and ensures that our everyday food environment remains consistent with the school food guidance.

Cooking and DT



Food is an important part of our curriculum and children will continue to have opportunities to cook, prepare and experience different foods.

Our DT work is generally centred around healthy food, nutrition and practical skills. There will, however, be occasions where a particular recipe forms part of a planned curriculum activity. For example, in Year 3, children make a pastry tart as part of their DT learning.

Our Overall Approach



We want to teach children that healthy eating and enjoying food can go hand in hand.

Our responsibility is to provide a healthy food environment during the school day, follow the national guidance and help children develop good habits. At the same time, we want children to experience the enjoyment, celebration and social side of food.

Healthy choices are the norm. Treats are occasional.
Rewards are special. Fundraising is important. And balance matters.

We hope this explains our approach and reassures families that we are not trying to take the fun out of food! We are simply making sure that the food we provide in school is healthy, appropriate and in line with national guidance, while still allowing space for the occasional treat, celebration and slice of toast! 