

Two Village C of E Primary School



Food Policy



Whole School Food Policy

1. Introduction

At Two Village C of E Primary School we recognise the important part 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.

2. Food Policy Aims

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They become mandatory in all maintained schools, and new academies and free schools from January 2015.

These School Food Standards are intended to help children develop healthy eating habits and ensure that they obtain the energy and nutrition that they need across the whole school day. For more information please refer to: <http://www.schoolfoodplan.com>

This policy has been written to reflect the School Food Standards. It has also been written to reflect the Eatwell Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

3. Guidelines

Breakfast

Breakfast is an important meal and should make up a 1/4 of a child's energy requirements and can provide essential vitamins and minerals. At Two Village we offer the following foods for breakfast:

- A selection of cereals including low sugar, low salt, high fibre alternatives.
- Wholemeal toast
- Jam
- Boiled or scrambled egg
- Baked beans
- Water
- Milk
- Orange juice

Snacks

At Two Village we understand that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet.

The Governments school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/ or vegetable per day.

Children may bring their own 'healthy' snack to school or may purchase a healthy snack from our snack trolley at playtime. We sell the following snacks/drinks on the Snack Trolley:



- Milkshake
- Cream Crackers
- Cheese
- Homemade cereal bars
- Fruit crisps
- Raisins
- Popcorn

Pupils with specific medical needs can bring snacks that do not follow the guidelines above as recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

School Lunches

Food prepared by the school catering team meets the national school food standards.

The menu, which is healthy and nutritionally balanced, is decided and changed at least termly in consultation with the Essex School Meals Service and the School Council. We do, of course, cater for vegetarians and for medical dietary needs or allergies. We are also very happy to work with our children and their families to make sure that they are able to eat the food on offer.

In September 2014 the Government introduced universal free school meals for all children from Early Years to Year 2. We will provide Universal Free School Meals for children in Early Years and Key Stage 1 and encourage parents to take up this offer.

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. (Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.)

Packed Lunches

Parents are encouraged to provide healthy, well balanced packed lunches for their children to eat at school.

The following foods/drinks should be included in a balanced child's lunchbox:

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit
- a healthy drink such as water, milk or 100% fruit juice.



Guidance on what to include in a packed lunchbox:

Include
Minimum of 1 portion of fruit and 1 portion of vegetables everyday Meat/ fish eggs and non-dairy protein e.g. pulses everyday Oily fish at least once every few weeks Starchy food such as bread, pasta, rice, potatoes A dairy product milk, cheese and yoghurt Water or milk (semi-skimmed or skimmed).

Limit
Meat products sausage rolls, pies, sausages etc Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack Fruit juice 150mls per day

Recommended not to include
Salty snacks such as crisps Sweets and chocolate Sugary soft drinks
NUTS OR FOODS CONTAINING NUTS ARE NOT PERMITTED

For more information visit: www.childrensfoodtrust.org.uk

Drinks

Water is available for all pupils throughout the day, free of charge. Milk is available for children under the age of 5 in Early Years.

Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles should be taken home at the end of every day to be washed and returned.

School Events

Pupils who normally receive free school meals and have a meal provided by the school can be provided with a nutritious packed lunch that meets school food standards if they are not on the school site for lunch.

4. Cooking and Food Education in the Curriculum

From September 2014 food, cooking and nutrition education became a compulsory part of the school curriculum for KS1 to KS3. At Two Village this is taught across the curriculum through science, PHSE, PE and design and technology. We reinforce our delivery of the National Curriculum by



Two Village Church of England Primary School

holding a healthy schools week annually which enables us to focus on all aspects of wellbeing, including healthy eating.

5. Monitoring

We consult annually with pupils, parents / carers and staff and involve the pupils in reviewing school meals. The results are used to evaluate the impact of the food policy and to further improve school meals.

6. Review

Approved by Governors: July 2020

Next review: July 2022