

Thurlbear CE VA Whole School Food Policy

The importance of healthy eating

What we eat as children and as adults has an important influence on our health now and in the future. We know that a good diet helps protect against chronic diseases in later life.

Thurlbear school wants to provide an environment that promotes healthy eating and helps pupils to make informed food choices. We will do this by having a whole school approach to food provision and food education.

What do we want to achieve with a whole school food policy?

- To support pupils to make healthy food choices which will help them to be better prepared to learn and achieve.
- To ensure that hot school lunches and food served in The Den are in line with the School Food Standards.
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and visitors to the school.

Food throughout the school day

1. Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement helping pupils to be ready to learn at the start of each day.

The school runs a daily breakfast club for pupils from 8.00am – 9am. Menu choices include: a selection of cereals, toast, toast, muffins, yoghurt and fruit.

2. School Lunches

School meals are provided by BAM FM. The school meals meet the mandatory requirements of the School Food Standards. The school monitors and audits the provision of the meals. Meals are planned on a 3 week cycle and always contain a meat/vegetarian option. Special dietary requirements can be catered for on request.

3. Packed Lunches

The school encourages packed lunches to meet the guidance from the 'change4life Healthier lunchboxes'. The guidance aims to support pupils to have a balanced lunch which will best prepare them for learning in the afternoon. Due to pupils in school suffering from severe life threatening allergies we have a policy that **NO EGGS or products containing raw eggs such as Mayonnaise or NUTS are in packed lunches.**

Suggestions for a healthy packed lunch include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- A portion of fruit and vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as beans and pulses, hummus, falafel

We would recommend that packed lunches should not include or should only be included once a week:

- Crisps or crisp type snacks
- Chocolate biscuit bar

Packed lunches should not include:

- Sweets
- Chocolate
- Fizzy drinks

Water is freely available for all pupils at lunchtime and throughout the day.

4. Snacks

Snacks are an important part of the diet for children;

- In Reception Class and Key Stage 1 snacks are provided free of charge during the morning.
- In Key Stage 2, pupils are encouraged to bring a piece of fruit or vegetables into school to eat at morning break-time.

5. Drinks

The school is working towards being a water only school, with the exception of free milk entitlement for those children entitled to free milk provision. Our recommendation is children should only have water in their drinks bottles in school.

6. School trips

A packed lunch will be provided by BAM FM for all pupils who qualify for Universal Infant Free School Meals and for those children who are entitled to a free school meal.

7. Celebrations

The school recognises the importance of celebrating birthdays and special occasions. If a child brings in any food to share with their class we would suggest that it is pre-packaged and that it can be taken home at the end of the day to be eaten at home.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

8. Special dietary requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Health care plans are created for pupils with medically diagnosed food allergies / intolerance and the lead members of staff for this are Mrs C Sweeney and Mrs J Moore. Pupils' food allergies are displayed in relevant places around the school to keep the pupil safe.

9. Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

Staff are also encouraged to eat a school lunch and sit with pupils in the dining hall.

Useful information can be found at the following websites:

[School meals - healthy eating standards - GOV.UK](#)

[Lunchbox Ideas | Recipes | Change4Life](#)

[100 Calorie Snacks | Healthy Snacks | Change4Life](#)