



**Villa Real School**  
*together we achieve*

# Whole School Food Policy

## 2021

Responsibility: Rebecca Allan

Date: January 2021

Signed and Adopted by the Governing Body:

Chair of Governors

Date: 22.02.21

Date to be reviewed: January 2023

## **INTRODUCTION**

To grow and stay healthy pupils/students need to eat a nutritionally well balanced diet. Schools are an influential setting and can contribute significantly to improving the health and well-being of pupils/students.

Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many pupils/students are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

Villa Real School is dedicated to providing an environment that promotes healthy eating and enables pupils/students to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

## **AIMS**

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the School day and in line with the mandatory School Food Standards.
2. To support pupils/students to make healthy food choices and be better prepared to learn and achieve.
3. To ensure a consistent approach to healthy eating across the School community including pupils/students, staff and parents/carers.

## **IMPLEMENTATION**

### **Food throughout the School Day**

#### 1. Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils/students to be ready to learn at the start of each day. Pupils/students within Villa Real School are offered a range of healthy snack options such as fruit as part of their morning routine.

#### 2. School Lunches

School meals are provided by Taylor Shaw and served between 12:00pm and 1:00pm in the dining hall. The School meals meet the mandatory requirements of the School Food Standards 2015. Our school caterer also holds an NVQ Level 2 in Professional Cookery. School meals are planned on a 3 week cycle and always contain a meat, fish and vegetarian option. The School meals menu can be found on our school website.

### 3. Packed Lunches

The School's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils/students to have a balanced lunch and best prepare them for learning in the afternoon.

### 4. Snacks

Villa Real School understands that healthy snacks can be an important part of the diet of young people. In the Early Years, snacks are provided during the morning and include a range of fruit. Pupils/students are able to bring healthy snacks into school to eat at break-times.

### 5. Drinks

The School aims to be a water only school where possible, with the exception of the free milk entitlement for all primary and secondary free school meal pupils/students. Water is provided whenever pupils/students require it throughout the School day. Sugar free juice is also provided to pupils/students with dietary requirements or preferences. Milk may also be provided for those pupils/students who require it.

### 6. School trips

A packed lunch will be provided by the School, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches should adhere to the same food and drink guidance described above.

## **Rewards and Celebrations**

### **Rewards**

The School does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including:

- Use of motivators
- Visual reinforcement
- Positive reinforcement
- Praise

### **Celebrations**

The School recognises the importance of celebrating birthdays and special occasions. For birthday celebrations, all children will receive recognition in whole school assembly and a small celebration in class with their peers. We make healthy cakes to celebrate with pupils/students.

For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available. Occasional fund-raising events may include the sale

of treat food such as healthy cakes, but the inclusion of other foods will also be encouraged.

### **Curricular Activity**

Food and nutrition is taught at an appropriate level throughout each key stage in Science, PSHE and Design Technology (cooking and nutrition). The Eatwell model is used throughout the School (see appendix 1) as a model of understanding a balanced diet.

### **Special Dietary Requirements**

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

Individual care plans are created with input from parents and carers which detail any food allergies; these are closely monitored by all relevant staff. Individual care plans are read and understood by all staff as well as being made available for all visitors or other relevant professionals as requested with agreement of parent/carers.

### **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/students.

### **Parents, Carers and Family Members**

Our relationships with parents/carers are very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend.

### **Monitoring and Review**

This policy has been developed in consultation with staff, pupils/students, parents/carers and governors.

The policy will be reviewed every 2 years.

# APPENDIX 1

