



Whole School Food Policy

At Tavistock, we are a Rights Respecting School. Children learn about the United Nations Convention on the Rights of the child, which includes:

Article 24: Children have the right to good quality health care, to clean water, nutritious food and a clean environment, so that they will stay healthy.

It is on this basis that we actively promote healthy eating patterns to our children at school and take a pro-active approach to improving the health and wellbeing of children.

This policy was formulated with reference to a range of documents including:

- School Food in England DFE 2014
- The Children's Food Trust
- Water is Cool in School, Enuresis Resource and Information Centre

Our belief is that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills.

Universal Free School meals are cooked on site by Stir Food.

In addition, the school requests that parents do not include the following items in packed lunches:

- Sweets (including Winders), chocolate, etc
- Crisps or any packeted savoury snacks high in salt and fat
- Fizzy drinks/sugary drinks
- Sweet cakes, e.g. sugary cakes, doughnuts, etc

And NEVER to include items containing nuts such as:

- Sweet nut bars, etc
- Foods containing salted nuts, etc
- Packets of salted nuts
- Peanut butter sandwiches

Many children have life threatening allergies related to nuts.

Parents who have difficulty following these guidelines are requested to contact the school.

The School will provide a safe and healthy eating environment for pupils, staff and visitors having lunch in the school. The ethos of our Rights Respecting Culture will apply in the dining hall as at all other times during the school day.

- Children are required to eat all or at least try to eat most of the food provided, either by the school or in their lunch box. Parents will be informed if children are regularly not eating their lunch
- All litter and uneaten food from lunch boxes brought in from home must be taken home at the end of the school day. In this way parents can monitor what children are eating
- Lunchtime supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch or skip lunch, etc
- Children are expected to behave whilst eating their lunches, be polite and helpful
- If a child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them
- If children are unsure of what the meal, or any meal item, is, they can ask the caterer or supervisory assistant to explain
- Children are not allowed to share food with others due to the need to protect some children from items that may trigger an allergy
- Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition
- Parents can sample a school lunch at any time

Fund raising events and birthday treats

Parents, staff and children in class and school councils have voted to allow the sale of cakes and sweets at fundraising events and the occasional sharing at the end of the day of birthday treats brought in from home by some children to continue. Children learn that balance is important and the inclusion of an occasional special treat in the diet is good for well-being. Children are always told not to eat any such gift until they have parental agreement.