



Two Gates Community Primary School
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RRS Article 24(health and health services)

Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food and a clean environment so that children can stay healthy. Richer countries must help poorer countries achieve this

May 2016

Healthy Eating at Two Gates

Dear Parents

"We need to protect the future health of our children and make sure they follow a healthy diet low in fat, sugar and salt but with at least five portions of fresh fruits and vegetables a day. Diabetes UK

As part of the Government's School Food Plan (including the School Food Standards), we are reviewing our food policy in school. This letter is to inform you of this and ask you to support us in ensuring that the food provided by school (and yourselves) for children to eat during the school day is compliant with the Government standards and in doing so helps all our children adopt a healthy approach to eating.

Our school meals catering contract is with Chartwells, a company chosen by Staffordshire LA as it fully meets the standards for meals provided.

The funding for all pupils in Reception, Year 1 and 2 to receive **universal free school meals** shows the Government's commitment to addressing the issue of healthy eating from a young age.

Our policy is that **all children** in these year groups have a school meal **every day** unless they have exceptional dietary/medical requirements in which case parents should contact the school for a meeting.

Pupils in key stage 2 do not come under the universal free school meal scheme and therefore parents have a choice whether to buy a school meal or provide a packed lunch from home. Guidance on what to put in a **healthy packed lunch** is available on the School Food Plan web site www.schoolfoodplan.com, the Children's Food Trust web site www.childrensfoodtrust.org and the Change for Life web-site www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx

Playtimes

As part of our **policy review** we have been monitoring children's activity and eating at **playtimes**.

Because our current arrangements include a tuck shop we are observing many children spending most of their playtime **queuing to purchase snacks**; this impacts negatively on the amount of time they have to **exercise and**

socialise with friends; we have also noticed that some children are **buying multiple items**; increasingly, pupils are spending their entire playtime eating. We have also noticed a considerable increase in **wastage of food** at lunchtime as children are telling us that they are not hungry due to still being full up from the snacks eaten at playtime.

To address the concerning trend seen above, we have made the decision not to continue with the tuck shop after the end of this half term. Some of our existing playtime arrangements are working well, so we will continue with these.

The arrangements from Monday 6th June will be as follows:

Reception children and KS1 children (Years 1 and 2) will be provided with fruit at playtime; they will **not need** to bring a snack from home. They may, however bring one piece of additional fruit each day, in case they do not like the fruit provided. Children who are under the age of 5 will be provided with **milk** and any children over 5 can purchase milk should they wish at a cost of 20p per day.

KS2 children are not provided with fruit and can therefore bring in a **healthy snack** from home (see list below) **or** they can purchase **toast (25p) and milk (20p) from the kitchen**. We ask that they do not bring money for toast on days they are bringing a snack.

List of Food Plan approved snacks, please choose one item per day:

- Fruit
- Dried fruit
- Vegetable snack (Carrot/cucumber stick)

Your child will not need to bring a drink to school as water is always freely available throughout the school day to all pupils. Please ensure your child has a named water bottle in school. Replacements can be purchased from the school office at a cost of £1.25.

Occasionally the school **will allow** 'treat' foods to be eaten at school e.g. Christmas Parties, Street Party. You will be informed of these **special arrangements** beforehand.

We appreciate that this means a **change** for the children, but we will be talking to them about it over the next two weeks so they **understand** why we are doing it and how it will **benefit them**.

Please could **you also talk** to them about it and **remember that these changes will start on Monday, 6th June - the first day back after half term.**

And finally, please take a look at '**5 Extra Years**' -available on Youtube. We did as a staff and it made us realise the **responsibility we all have** to educate and support children to make healthy choices.

Thank you for your support; we will be monitoring arrangements and will keep you informed.

Yours faithfully

Mrs N Llewelyn-Cook
Headteacher



Love children, love learning.