



# St Thomas of Canterbury Catholic Primary School

*Where every child is special*

## Food in School Policy

Policy compiled by:

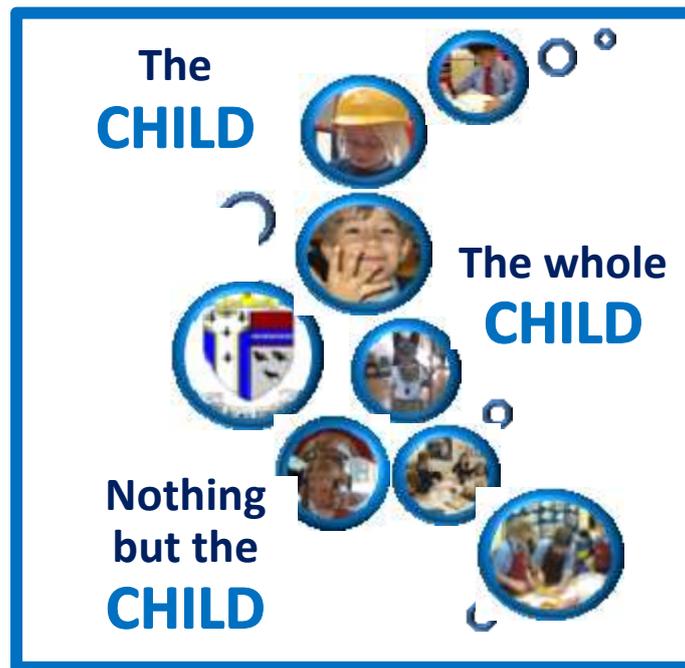
PSHE Leader

Date of last review:

Spring 2017

Review Date:

Spring 2019



### **OUR MISSION STATEMENT**

*God's love is at the heart of our Catholic School family. We show this in our respect, kindness and love for others and by treating other people as we wish to be treated ourselves. We will encourage everyone to be the best that we can be.*

### **OUR AIMS**

- To guide our children to grow in the love of God and build relationships that will enable them to make a positive contribution to the school and society.
- To develop an exciting, challenging and creative curriculum that produces confident and successful learners who are the best that they can be.
- To develop high quality learning that enables every child to flourish, to discover their talents and be lifelong learners.
- To establish a teaching and learning environment that encourages everyone to enjoy, to achieve, to be inclusive, to be healthy, and to stay safe.
- To nurture a strong partnership between home and school.
- To have respect and understanding for our school, our community and our world, helping our children to become responsible citizens and good role models.

### **OUR GOLDEN RULE**

We treat others as we would like to be treated



This policy was developed in collaboration with representatives of the:

- Governing Body
- Teaching Staff
- Catering Staff
- Pupils
- Parents / Carers

This policy should be read in conjunction with the following policies:

- Teaching and Learning
- Confidentiality
- P.S.H.E
- Science
- DT
- P.E
- Equal Opportunities

## **Rationale**

Food has a significant role to play in determining health and wellbeing, establishing social roles and reflecting and shaping the school's ethos and individuals' values.

## **Aim**

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school.

## **Objectives**

- To teach pupils the importance of healthy food and drink consumption through the Science, DT and PSHE curriculum.
- To ensure our Breakfast and After School Club provides healthy food and snacks for pupils and helpers.
- To regularly participate in national food schemes.
- To encourage pupils to bring healthy snacks for their break times.
- To provide healthy choices at lunchtimes, including a regular, well stocked salad bar.
- To encourage pupil voice in the area of food and drink.
- To monitor vulnerable pupil's food and drink intake, and take appropriate action to aid their health and well being.
- To ensure all staff are appropriately trained and model good eating habits in front of the children.

## **Guidelines**

PSHE, Science and DT policies are all in place with clear schemes of work and planning which includes the teaching of adopting and maintaining a healthy diet. The subject leaders are responsible for updating the teaching of these subjects to ensure a healthy message is put across to the pupils.

We work in collaboration with the Breakfast and After School Club to ensure they are offering healthy options for all helpers and children. Their organisers ensure they drink just water and fresh fruit juices, and have balanced breakfasts and after school snacks. If the chosen after school activity is baking cakes, pupils take these home to share with their families. Regular snacks include fruit, toast, cereal and smoothies.



A nut free policy is in place throughout the school.

We are currently running the National Fruit and Vegetable Scheme for 4-7 year olds. Each child receives a piece of fruit or vegetable during morning break. Often there are extra for them to have during afternoon play. Parents welcomed this scheme, and we have seen a reduction in the amount of unhealthy snacks in school. Furthermore, Friday is the nominated day for pupils to bring a bag of crisps or similar 'treat' (but not sweets).

We run an annual Food Awareness Week, which allows extra time for Healthy eating to be taught. Pupils are set challenges, create artwork and participate in a range of cross-curricular activities, for example through Literacy, Numeracy and Computing. Healthy Eating and the importance of living a healthy lifestyle is promoted throughout the curriculum.

Our Catering Department is part of Surrey Commercial Services, which regulates the provision of catering services. Menus are provided on a biannual basis incorporating a three-weekly rolling rota. Strict healthy and balanced diet guidelines are adhered to by the catering staff. Pupils are strongly encouraged to eat a portion of fruit and vegetables with their lunch. Desserts are planned to include fruit and milk ingredients. The success of the menus is monitored by verbal discussions between catering staff and pupils, and by observing the popularity of dishes by how much is consumed/left over. This is evaluated and future quantities are reviewed as a result of this monitoring. The salad bar menu is adjusted accordingly depending on the popularity of the hot options.

Sandwiches with crisps and sugary drinks have been removed from the lunchtime options and are no longer available for school trips.

Pupils who choose to bring their own sandwiches from home receive guidance and menu suggestions from the school, to encourage a balanced healthy lunchbox. As with pupils who have school lunches, all efforts are undertaken to ensure the lunchbox ingredients are sufficient and enough has been consumed. Appropriate action will be taken if there is an ongoing situation.

Drinking water is available at water fountains around the grounds and the buildings, which pupils are free to access. Individual bottled water is encouraged, especially during the summer term, and pupils are able to refill these bottles from the fountains, as well as the tap in the dining room. During extremely hot weather, teachers allow pupils to have short drinking breaks if in the classroom for a long period.

It is our policy to have strong pupil voice regarding their dining experience. All issues arising are discussed at Class Council sessions, then brought to School Council meeting by the mentors. Pupils are given the opportunity to discuss a broad range of issues, such as likes and dislikes, portion sizes, atmosphere and seating arrangements. The healthy choice options available are always at the forefront of discussion. The salad bar has a wide variety of options, which makes it a popular choice.

It is the responsibility of parents, class teachers, assistants and lunchtime supervisors to ensure that pupils are eating a balanced healthy lunchtime meal and drinking fluids. This responsibility includes following up any potentially vulnerable pupil's poor intake, and notifying the Designated Safeguarding Lead where appropriate.

All staff and parents have the responsibility to be good role models in what they eat and drink, and in the dietary attitudes they portray to the pupils. Teaching staff are kept up to date with any changes to the Science, PSHE and DT curriculum, and are briefed on any national schemes that we are participating in.



## **Monitoring and Evaluation**

Monitoring of the provision of healthy food will be the responsibility of the Healthy Schools Co-ordinator. This will be done through School Council meetings and liaising with catering staff.

Evaluating the school's approach to food will be done in response to pupil voice, Surrey Food Services policy, and discussions with the senior Leadership Team.

*This policy of St Thomas of Canterbury School upholds the school's ethos and Mission Statement. It must be read in conjunction with and implemented in accordance to the school's policies for Health & Safety Equal Opportunities, Inclusion and Safeguarding. Copies of these policies are available from the school website*