



St Thomas of Canterbury Catholic Primary School

Where every child is special



FOOD IN SCHOOL POLICY

Policy compiled by:

Headteacher

Date of last review:

Spring 2019

Review Date:

Spring 2022



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 SCHOOL 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 SHARED VISION

Every child at St Thomas of Canterbury is special and will achieve their full potential academically, socially, spiritually and emotionally through the provision of a loving community and rich and varied learning opportunities and the highest quality teaching and learning.

Every staff member at St Thomas of Canterbury will feel valued and enabled to provide the opportunities that we want for our children and to do so as part of a loving community which has the highest expectations of and for all.

Every Governor at St Thomas of Canterbury will feel valued and enabled to act as a critical friend to the School and to be accountable for the School's strategy. They will play a visible role supporting all children, their parents and staff at School and in the wider community, to provide the best environment possible for learning and spiritual growth.



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).

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. Pupils have access to their drinking bottles throughout the school day.

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