



St Thomas of Canterbury

Catholic Primary School

Headteacher – Mrs. M Sanderson



St Thomas of Canterbury Catholic Primary School Food policy

Why do we have a food policy?

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

To make it clear that this school actively supports healthy eating throughout the school day because there is an important connection between a balanced diet and a student's ability to learn effectively

To ensure the school plays its part in the larger community by helping to promote family health, and sustainable food and farming practices

Aims

To ensure that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day

To ensure that the provision and consumption of food is an enjoyable and safe experience

To ensure that the whole school community understands that a balanced diet is recommended

To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment

To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods

To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs

To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them

Implementation

School Ethos

Curriculum

Birthday/Holiday Gift Food

Water

Breakfast Club/ After School Club

Break time

Lunchtime

Staff and Visitors

School Visits and Events

Community Involvement

St Thomas of Canterbury Catholic Primary School, High Street, Carisbrooke PO30 1NR.

Tel: 01983 522474. Email: admin@stthomaspri.co.uk

Federated with St Mary's Catholic Primary School, Ryde, PO33 1LJ. Headteacher Mrs. A Langridge Email: admin@stmaryspri.co.uk

School Ethos

The importance of a balanced diet is consistently communicated throughout the school day including trips and events. Staff are strongly encouraged to participate and model balanced eating as a valuable part of daily life.

Curriculum

PSHEE, Geography, Science, Food Technology, RE and Languages may all contribute to the curriculum delivery of food education.

Curriculum delivery will involve practical food experience delivered by staff and will be adequately resourced.

It may be appropriate for a variety of foods to be prepared and consumed within the curriculum or at a celebration. At such times food safety principles are followed. It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds. The context of a balanced diet (as depicted by *The Eatwell Plate*) makes this entirely appropriate provided everyone's dietary needs are met. An attempt will be made to avoid foods containing high levels of fat, sugar and salt.

Foods containing high levels of fat, sugar and salt will not be used as rewards.

Birthday/Holiday Gift Food

Parents sometimes wish to give out birthday food or food brought back from a holiday. Although the gesture is welcomed, we do not accept gifts of food and will try to encourage parents/carers to consider alternatives, such as a book for the class.

Water

All pupils and staff have water freely available at all times and are able to refill bottles easily. Teachers may wish to manage the intake of water for safety or behaviour management issues. This is acceptable as long as the principle above is fundamentally upheld.

Children may wish to bring in diluted squash as an alternative to ensure good hydration levels.

Breakfast Club/After School Club

The food offered is consistent with the school policy, government guidance (School Food in England, 2019) and monitored by the Head/ PSHE lead.

Break time

At break times our pupils are allowed to consume snacks provided by Caterlink or fruit snacks provided by the government (Rec/KS1) or from home (KS2). Nuts, chocolate, crisps and sweets are not allowed. Water is encouraged at breaks as well as in the classroom. This is to ensure that pupils return to the classroom prepared and refreshed for learning. It will also help us to limit litter and control the environment to make it safe for a pupil with a food allergy.



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Food or drink sold or provided to the pupils is consistent with this policy and the government's non-lunch standards. These are no confectionary (e.g. chocolate, sweets, cereal bars, processed fruit bars, yoghurt/chocolate coated fruit), no high fat savoury snacks (e.g. crisps, salted/sweetened nuts), and that a variety of fruit and vegetables should be available in school.

Lunchtime

Lunches meet/exceed the national standards as laid out in School Food in England, 2019. All pupils have a choice enabling them to eat healthily. Meeting the government's food-based standards and meeting one third of a child's average dietary requirements across a menu cycle.

Pupils are encouraged to taste and eat new foods.

Staff, time and seating arrangements are sympathetic to a positive social eating environment for both those buying lunches and those eating a packed meal.

Packed lunches are monitored and the curriculum encourages a healthy balance. Appropriate storage arrangements are made. Information is provided to parents on balanced lunchboxes through newsletters and coffee and chat sessions.

Any alterations to provision are communicated clearly after a full consultation process has taken place with staff, students and parents/carers.

Staff and Visitors

Staff will be encouraged to model the food policy.

Visitors will be offered healthy refreshments or at least a choice which contains a healthy option.

School Visits and Events

Food served at events and offered on trips will be consistent with school policy. Guidance on packed meals will be given encouraging a healthy balanced choice.

Community Involvement

At all stages the wider community will be involved in developing and implementing this policy. This will ensure that work is sustainable and that best practice is communicated. For example; practical healthy lunchbox advice at a parent event or school councils generated healthy snacks list issued by them to parents.

Equal Opportunities

Provision is allowed for special diets e.g. medical, cultural, vegetarian and for appropriate serving.

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Free packed and cooked lunch provision will be handled sensitively.

A breakfast option is provided for children in need, free of charge, in collaboration with M. Sanderson and classroom staff, ensuring all children have received adequate nutrition at the beginning of the day.

Personnel

M. Sanderson is responsible for food in school.

Monitoring and Evaluation

M. Sanderson and L. Ellis will monitor the effectiveness of this policy ensuring that training and resources are appropriate and up to date.

Policy Development and Review

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff including the catering staff and Governors.

This document is freely available to the entire school community. It has also been made available in the school newsletter, web-site and prospectus.

This policy will be reviewed on a bi-annual basis.

Review date...April 2023

Signed.....Chair of Governors

Date...April 2021