



# **St Thomas's Food in School Policy**

October 2012

This policy was produced by the food in school co-ordinator- Mrs Judith Jones

Contributions from PSHE task group:

PSHE co-ordinator  
Citizenship co-ordinator  
School cook  
Foundation/KS1 co-ord  
Staff governor & parent

This policy was written in consultation with staff, children, parents, governors and outside agencies including the school nurse and dietician. Parents and children completed a survey on healthy snacks. Governor's attended training on healthy eating and the importance of providing suitable food in schools and the school was awarded the current and the previous Healthy Schools Accreditation.

## **Aims of the school**

The aim of the school is to interpret human knowledge to its pupils in the light of the Gospel, with the school community contributing to the spiritual and moral growth of pupils, as well as to their intellectual and physical development.

To offer pupils a happy, caring environment where positive achievements are valued and where they learn to work within a clear and disciplined framework.

To enable all pupils to acquire communication skills of literacy, numeracy, oracy. and I.T.

To provide every pupil with a broad and balanced curriculum which challenges all pupils.

To stimulate pupils' imagination and curiosity.

To prepare pupils to live and work with others, respecting authority and having attitudes that enable them to be responsible and successful members of the community.

To help pupils develop aesthetic sensitivity and interests that prepare them for purposeful leisure time.

To do our best to cater for the Special Needs of all the children.

To promote self-esteem, respect, tolerance and understanding of others.

To prepare children for a dynamic and changing world.

Having a Healthy school where healthy eating is at the heart of decision –making on all food provided forms a fundamental part of meeting several of these aims.

## **Aim of the FOOD IN SCHOOL policy**

- to provide opportunity for all children to experience a healthy diet on a daily basis
- to make a positive contribution to the '5 a day' requirement
- provide children with the skills they need to confidently make informed healthier choices based on the balance of good health
- to provide a consistent message around healthy eating in all aspects of school life

## **The Curriculum**

Food technology is taught in D&T lessons and Science as identified in the National Curriculum programmes of study.

The delivery of this curriculum is supported by experts. One of our governors is a nurse and delivers handwashing training to KS1 children.

Detailed medium term planning ensures continuity and progression in children’s understanding of health issues, including healthy eating patterns and practical skills.

As well as healthy eating children need to understand the cultural and religious significance of food in a diverse range of families and communities. This is gained through the multi-faith RE syllabus and D&T units.

Consistency of message is ensured by rigorous medium term planning and monitoring by the PSHE co-ordinator & head teacher.

### **Extra-curricular Activities**

Baking in Reception /Y6  
 Christian Aid Week activities  
 Cookery Club

### **Provision of food at school**

	INFANTS	JUNIORS
MORNING BREAK	Carton of milk toast Tuck shop available Healthy option from home	Carton of milk Toast Tuck shop Healthy option from home
LUNCHTIME	School dinner Packed lunch from home	
AFTERNOON BREAK	Piece of free fruit Healthy option from home	Healthy option from home

Tuck shop includes fruit juices, cheese and breadsticks.

Healthy option from home does not allow for high sugar or high salt snacks i.e. crisps, biscuits, chocolate bars.

### **Consumption of food at school**

Break time food is consumed on the playground. All children eat their lunch in the dining hall.

Packed lunches are eaten in the hall. On sunny days, KS2 packed lunch children picnic on the benches outside. Children are encouraged to bring a healthy lunch based on the Balance of Good Health. Advice leaflets are sent regularly to parents.

### **Rewards and Treats**

Food is not used as a reward. Stickers, verbal praise and small toys form the basis of the school’s reward system.

Celebrations form an integral part of the school ethos and we attempt to keep a consistent message by applying the Balance of Good Health to any party food.

## **Drinking Water**

Children are encouraged to bring water into school in a flask everyday. These are accessible at all times in an age appropriate routine.

Water jugs are placed on each table during lunchtime to supplement the fruit juice/milk available with a school dinner.

## **Food Hygiene**

Toast is prepared by a member of the kitchen staff trained in food hygiene. It is prepared in the school kitchen.

Fruit is washed and prepared by an adult in the staff room kitchen area.

Milk and cheese are stored in a refrigerator until distributed for eating

As part of the PSHE&C curriculum hygiene and the importance of effective hand washing is taught by a school governor. Signage, adults and school routines promote regular hand washing.

Where food is being used as part of a lesson i.e. food tasting in science the adult models good practice during the preparation.

## **Equal Opportunities**

All food provided by the school is offered at a minimum cost.

All school dinners include an element of choice so that children are not discriminated according to religious or cultural background.

Food is available to all and is never restricted as part of a sanction.

## **National Events and Initiatives**

National fruit scheme

Eco-schools

National School Meals Week

National Healthy School Standard

## **Monitoring and Evaluation**

The effectiveness of this policy is monitored by the PSHE co-ordinator.

Metrofresh are responsible for monitoring the school meals.

## **Access to Parents**

Policies are available from school via the school web-site

Hard copies are available if requested in writing.

**Access to staff**

Copies are kept in a policies file on the VLN and in the PSHE co-ordinators file.

**Review Date**

October 2013