



St. Thomas More Catholic Primary School

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FOOD POLICY

Aims

To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet and hygienic food preparation and storage methods.

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

To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food.

To ensure pupils have a safe, easily available water supply during the school day.

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 promote an atmosphere during school mealtimes which encourages pupils to:

- Develop the skills associated with eating and thus good table manners
- Experience a range of different foods and thus broaden their palate
- See this as a moment for social interaction, not just for eating

To introduce and promote practices within the school to reinforce these aims.

Objectives

To work towards ensuring that this policy is both accepted and embraced by:-

- Governors
- School management
- Teachers and support staff
- Pupils
- Parents
- Food providers
- The school's wider community

To integrate these aims into all aspects of school life, in particular

- Food provision within the school
- The curriculum
- Pastoral and social activities

Food topics covered within curriculum areas

- Art, e.g. observation drawings of food, healthy eating poster design
- Personal Social and Health Education, e.g. menu planning, nutrition
- Design and Technology, e.g. cooking, designing tools
- English, e.g. food diaries, following instructions
- Geography, e.g. what food grows where, food miles, transporting food, waste
- History, e.g. past diets, discoveries
- Information Technology, e.g. recording results of a food survey, website review
- RE e.g. special foods eaten for celebrations in different faiths
- Maths, e.g. weights and measures
- Physical Education, e.g. links between healthy eating and exercise
- Science, e.g. effects of heat on food, plant growth, nutrition

Examples of activities that could support curriculum work

- Relationships with local food businesses, e.g. farms, shops and restaurants (encourage food professionals such as chefs to come into the classroom, and arrange for pupils to visit their premises)
- Tasting sessions (integrate a range of eating experiences into classroom work, e.g. tasting fresh, dried, juiced, frozen and canned fruits and vegetables)
- Healthy eating drama activities
- Healthy eating projects
- School website with pages on food issues and links to other related sites
- Debates / guest speakers
- Eating experiences integrated into the curriculum for all subjects.
- School gardens (give pupils the opportunity to plant, harvest, prepare, cook and eat the food they grow).
- Cookery Club

Environment

- The dining area is safe, pleasant, comfortable, attractive and clean
- Procedures are in place to minimise allergen contamination
- There are five dining room supervisors
- We ensure pupils have sufficient time to eat
- We foster good manners and respect for fellow pupils. This is reinforced in PSHE lessons
- There are facilities for washing hands
- There are sufficient litter bins and facilities for waste food and recycling
- There is a lunchtime award system

School lunch choices

- There are two choices at lunchtime, Monday to Thursday and three choices on Friday. Variations which are gluten free, dairy free or vegetarian are prepared as necessary.
- We meet government nutritional standards
- We provide advice on healthy packed lunches
- There is a healthy snack bar available at breaktime
- Milk is offered to all Reception children and other children who order it at breaktime.
- Only water is offered at lunch
- Specific dietary requirements where possible are catered for - parents of children with allergens are encouraged to discuss their child's needs with the school cook

Snacktime

- Children are not allowed sweets or crisps for snack or packed lunches
- Nut based snacks are also not allowed (much of breaktime is not closely supervised and therefore it is difficult to control contamination)
- Healthy snacks are encouraged

Increasing the use of safe, environmentally sustainable local food

- Our caterers are encouraged to use locally grown produce wherever possible
- Menu planning is linked to seasonal produce
- Through the catering specification we eliminate unnecessary and potentially harmful food additives such as bovine growth hormones, irradiation, and genetically modified foods

Public policy and school campaigns

- We aim to ensure maximum uptake of school meals and that all pupils entitled to a free meal receive one. This may be done through parental information / communication, meals promotions and procedures to protect identity of free meal claimants
- We promote healthy eating through events such as 'Fruity Friday'
- We maximise the reduction of waste by recycling, reusing, composting and purchasing recycled products

Special Awards

St Thomas More holds the National Healthy School Standard and Uttlesfords Heartbeat Award - Gold Standard

April 2019

PACKED LUNCHES AND BREAK-TIME SNACKS

I appreciate the difficulties in knowing what is allowed in packed lunches and at break-time, so St Thomas More School follows the Healthy Food guidelines. Please find outlined below the "dos" and "don'ts" for break-time snacks and packed lunches. As it is such a difficult issue, if you have any queries, please do not hesitate to ask and I will be able to advise you.

Drink

Milk will be supplied by the school at break-time only, from Coolmilk. Water will be the only drink supplied at lunch time and the only drink allowed in packed lunches.

Breaktime

No crisps, cakes or chocolate bars allowed at breaktime. There is a Snack Bar which provides, at a cost of 25p, bread rolls, cheese, fruit, ie. Melon, grapes, banana, Satsuma, carrot, cucumber. We encourage the children to bring in similar items only, if they are not buying from the Snack Bar.

Birthdays

On birthdays, if you wish to send in treats for the children, please could you not send in any sweets or anything that might have been in contact with nuts.

Packed lunches

Do's

Water
Sandwiches
Crackers, pitta bread, wraps, rice cakes
Vegetable sticks
Bread sticks
Dips
Cheese (not processed)
All types of fruit
Dried fruits
Yogurts
Muffins
Cookies
Small slice of cake
Chocolate covered raisins
Chocolate covered biscuits, ie
Kit-kats, Club biscuits, Penguins
Breakaways

Don'ts

Squash/fruit juices
Crisps or savoury snacks (of any description)
Sweets (of any description)
Solid chocolate bars

***** Please remember that nuts or nut related products are not allowed due to children who suffer from nut allergies.**