

# Food Policy

St. Thomas More's Catholic Primary School



Approved by the Governing Body:

Summer 2025

Next Review:

Summer 2027

## **Our Mission Statement**

*As we walk together with Jesus, we love, live and learn.*

### **The aims of this policy**

- To ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to our school.
- To make explicit the values and guidelines that underpin every aspect of food culture in St. Thomas More's Primary School.
- To ensure that our children receive consistent and coherent messages about food and its role in their long-term health.
- To ensure that pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To make the provision and consumption of food an enjoyable and sociable experience.
- To outline future plans and goals with regards to food culture in our school.

### **What are the values that inform this policy?**

- We believe that every adult in the school can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.
- We want the children to understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.
- We encourage children to apply their knowledge about food and make healthy choices both in and out of school.
- We encourage all children to enjoy cooking and learn some skills by the time they leave the school.
- We believe that food has a role in developing young people's social skills.

### **Special Dietary Requirements**

St. Thomas More's is aware of all food allergies/intolerances and other dietary requirements of the children. A register of this information is given to both the kitchen staff and each Class Teacher. It is updated as information is received. We advertise through the newsletter and at new parent meetings that we are a 'Nut Free' school (please see Nut Allergy Policy). We offer a vegetarian option for every meal.

### **What we do**

- Ensure that all food and drink served reflects the needs of all consumers and makes healthy choices easy to take.
- Regularly review occasions during the school day to ensure that food and/or drinks are available when needed:
  - Before/after school.
  - Break times.
  - Lunchtime.
  - Special activities e.g. Sports days, parents evenings.
- Provide food and drink that allows individuals to:
  - Drink cool water frequently throughout the day.
  - Eat healthily without financial disadvantage.
  - Follow special diets / cultural requirements.
- Create a pleasant eating environment that is appropriate to the age of the children.
- Design a curriculum that delivers complementary and developmental nutrition messages throughout a pupils school life.

- Consider nutritional consequences of any organisational change before it happens. Action will be taken to minimise any negative impact.
- Ensure the healthy choices are affordable to all students and that promotions encourage healthy eating.
- Regularly monitor the impact of this work.

### **Water in the school**

- Children have access to free and fresh water throughout the school day.
- Children are encouraged to bring in water bottles for use in the classroom
- At lunchtime all children have access to extra water in the dining hall, if required.  
Children are encouraged to take fresh water with them on all school trips and have access to their water bottles or a water fountain during sporting activities.

### **Food throughout the day**

- Before and after school we discourage parents from providing and children from eating sweets, chocolates and fizzy drinks by encouraging them to make a healthy choice.

### **Breakfast**

- We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels if hungry. We encourage all children to eat breakfast and have a drink before they come to school.
- We have a daily breakfast club that runs from 7.45am each morning and is open to all children. The charge is £2.50 per session.

### **Break Time**

- The reception children have snack time each day where they are encouraged to try a variety of new foods in a way that promotes the sharing, conversing and enjoyment of food.
- Children in Foundation stage and Key Stage One benefit from the National School Fruit Scheme - this entitles them to one free piece of fruit or vegetable a day.
- Key Stage Two children are also encouraged to have a healthy snack that is available for them at break time.

### **Lunch Time**

- **Hot lunch in the dining hall**
  - ❖ We aim to provide our children with good quality; healthy food and we actively promote healthy choices.
  - ❖ We recognise the importance of eating a hot lunch and hope that more children who take packed lunch will choose to switch to a hot lunch.
  - ❖ The weekly menu is on display for children and parents in the corridor and sent home with the newsletter at the beginning of each half term.
  - ❖ We listen to the children's opinions on the menu and adapt the menu accordingly.
  - ❖ Our home cooked meals comply with current nutritional standards. Fresh food is used whenever possible and sourced locally. Convenience foods are actively discouraged.
- **Packed lunches**
  - ❖ Sandwich children and school dinners eat at the same tables.
  - ❖ *We aim to reach a stage where all children have a balanced diet in their packed lunches.*
  - ❖ *We aim to support parents in making healthy choices when preparing packed lunches.*
- **The dinner hall environment**
  - ❖ We aim to make sure children have time to eat their lunch and do not need to rush.

### **Food in the Curriculum**

- We exploit opportunities within the existing curriculum to discuss and work with food.
- We recognise that food has great potential for cross-curricular work.
- Staff training is available when appropriate to make sure they are confident when working with food and their class.
- Formal food education is delivered via the Design and Technology curriculum (see scheme of work and policy). There are also topics in the PSHCE and Science curriculum.

### **Schemes and events**

- We try to participate in as many food-related events and schemes as possible as long as they consolidate the aims outlined in this policy; events may include the Macmillan Coffee Morning, and the CAFOD Lenten lunch.
- As part of our enjoyment of food and to help children develop a healthy attitude towards food, we do encourage treats at various events throughout the year e.g. at Christmas dinner all children receive a cracker.

### **Links to other policies**

- This policy has links to the behaviour, PSHCE, Equal Opportunities and Design and Technology policies.

### **How is this policy monitored and evaluated?**

- This is a working policy - this policy goes to consultation with the whole school community, including children, school staff (including catering staff) and governors.
- We will review this policy every two years.