

*Welcome
to St Leo's and Southmead
Catholic Nursery and
Primary School*



Nurture, Inspire, Succeed

*Food Policy
2022/2023*

Our Vision

As part of the St Leo's and Southmead family; our children are happy, resilient and successful. Our school community is enriched by positive role models who nurture and support; delivering a curriculum which embraces memorable opportunities and lifelong skills.

Our Promise

Nurture

Inspire

Succeed



We will provide a safe, warm and welcoming environment where everybody is valued

We will develop the whole child through our pastoral approach where inclusive attitudes are modelled every day

We will celebrate the skills, talents and natural abilities of everybody in our school community

We will deliver exciting and memorable learning opportunities through our creative curriculum in order to provoke thoughts, dreams and life-long goals

We will guide our children so that they are eager to exceed their full potential in all that they do

We will encourage confidence and risk taking through quality first teaching, effective feedback and challenge

Our Values

*Everybody is valued
We are all role models
Talents are celebrated
We never give up*

'Nurture, Inspire, Succeed'

Our Mission Statement

“Though we are many, we are one body in union with Christ.”

Romans 12:5

**Learning and Growing as One Family through
God's Love!**

Faith

Ambition

Making Memories

Inclusive for All

Learning in Love

Young and Old Together

Nurture, Inspire, Succeed

Our Aims and Objectives

Learning as One Family

- Offer an inclusive education for all
- Enable all to work together in order to succeed
- Celebrate the progress and achievements of all
- Deliver a broad and balanced knowledge and skills-based curriculum
- Have high expectations for all within our school family
- Consistently deliver quality teaching and learning
- Give high priority to the teaching of basic skills in Maths and English
- Offer opportunities for learning outside of the classroom
- Raise awareness of opportunities for all in order to set high aspirations
- Seek the views of all stake holders
- Provide parents and carers with regular updates reading their child's progress

Growing as One Family

- Give opportunity for all to be positive role models
- Foster togetherness for our own school family and the wider Global Community
- Support personal, spiritual and emotional development
- Develop trusting and nurturing relationships
- Promote resilience for all
- Encourage teamwork, collaboration and co-operation
- Provide opportunities to make memories beyond the classroom door
- Deliver quality daily collective worship
- Support the Parish in preparing children for the sacraments of Reconciliation and First Holy Communion
- Create an atmosphere of mutual respect, acceptance and forgiveness



Nurture, Inspire, Succeed

ST LEO'S AND SOUTHMEAD CATHOLIC PRIMARY

SCHOOL

SCHOOL FOOD POLICY

We recognise the importance of a healthy, balanced diet as central to a healthy lifestyle and fundamental to a child's concentration, energy levels and self-image. By teaching healthy eating skills, **we aim** to contribute greatly to promoting family health and the social pleasure and interaction which this fosters. We wish children to understand food from growth to cooking, serving and eating.

Objectives

- To work with the school caterers, governors, staff, children, parents and carers to monitor school lunches and encourage children to eat a selection of healthy food,
- To eliminate E numbers and additives where possible, also food with excessive sugar (chocolate biscuits) and fat and salt (crisps),
- To encourage children to be adventurous with fresh fruit, vegetables and new tastes for instance by offering them food from the salad bar and putting hot vegetables on plates, also by offering children access to fruit daily in all classes
- To monitor the percentage of pupils eating fruit and vegetables each day at school from time to time,
- To increase the social pleasure of meals by letting children sit with friends,
- To increase knowledge of the value and function of different types of food through lessons in all classes and through food preparation and cooking generally,
- To encourage children to drink lots of water throughout the day,
- To make children aware of hygiene issues and to wash hands before meals and food preparation,
- To ban sweets in packed lunches as well as in the playground before and after school,**
- To support initiatives like Healthy Living Week to raise awareness of these issues and to continue the dialogue with parents on healthy eating with the support of school caterers,
- To be a healthy school

Allergies, Cultural Sensitivities and Personal Preferences

- All teaching staff have a list of children's medical conditions and food allergies/intolerances and the latter are displayed at the serving hatch in the dining hall.
- Vegetarian choices are available at lunchtime as part of the school meal service.
- **Nuts and nut products are not allowed in school or in packed lunches on trips.**

SCHOOL DINNERS

Our School Dinners are cooked on each site by staff from Knowsley council School meals service. Knowsley School Meals service provides meals each day for the majority of Knowsley schools. They work within very strict guidelines and are regularly monitored by Knowsley Council.

All children in Reception, Year 1 and Year 2 are entitled to a free school meal each day. The children in these year groups are also provided with free packed lunches when they go on educational visits.

Children in all other year groups can purchase a school meal each day at a cost of £2.10. We ask parents to pay for these using the Parent Pay app at the start of each week. All parents are issued with a secure password and log in details for parent pay and support is available should parents and carers have any difficulty accessing Parent Pay. Cash payments are also accepted in sealed labelled envelopes handed directly to the staff in the main office.

Many of our children are entitled to free school meals. Please click on the Free School Meal tab to see if you have this entitlement.

Please see the menu for this term below.

PACKED LUNCHES

Aims

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now strictly regulated by national standards.

Rationale

- To make a positive contribution to children's health and well being.
- To encourage happier and calmer children and young people.
- To promote consistency between packed lunches and food provided by schools

National guidance

The policy was drawn up using a range of national documents including information and a draft policy from the School Food Trust, the Food in schools toolkit (Department of Health) and Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC)

Where, when and to whom the policy applies:

To all pupils, parents and carers providing packed lunches to be consumed within school or on school trips during normal school hours.

Food and drink in packed lunches

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking **water is readily available at all times.**
- The school will work with the pupils to provide appropriate dining room arrangements.
- The school will work with parents and carers to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off during the Summer.

Packed lunches MUST not include

- **nuts – including peanut butter and Nutella – because of the life threatening risk to any other child who may have a severe allergy**
- **Fizzy drinks are not allowed in any packed lunches or during the school day**

Packed lunches should include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day
- oily fish, such as salmon, at least once every three weeks
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day
- dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday

Packed lunches can occasionally include

- meat products such as sausage rolls, individual pies, corned beef and sausages/chipolatas should be included only occasionally.
- confectionery such as chocolate bars and fruit strings are considered to be confectionary due to the high sugar content. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- drinks other than water such as juice – fresh water is available at all times so you do not need to include this
- snacks such as crisps or cheddars. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Breadsticks served with fruit, vegetables or dairy food are also a good choice.

Special diets and allergies

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items. **Please be aware of nut allergies.** We recommend you visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools.

Learning Opportunities- Curriculum

The School Design and Technology and Science curriculum, covers all areas of healthy eating & drinking, food preparation & hygiene and the effects of unhealthy eating & drinking.

As part of their work with food, students should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in students will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables students to feed themselves and others affordably and well, now and in later life.

Students should be taught to:

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]
- understand the source, seasonality and characteristics of a broad range of ingredients

Monitoring and Evaluation

This is a working policy – this draft will go to consultation with the whole school community; including students, parents, and school staff, catering staff, governors, school nurse and Healthy Schools Officer.

The designated catering contractor is responsible for ensuring that the quality of food offered is of a high standard and compliant with legislation.

This policy will be reviewed annually to take account of new developments.

The policy will be accessible to everyone, including students, parents and extended staff, online and by request of a hard copy.

Teacher's planning, students' work, discussion, observation, displays, photographs etc. will form the basis of evaluation of pupil learning

The Head teacher monitors school meals and speaks directly to the cook or the school caterers if there is a concern. Children are assessed after each Science and Design Technology unit to do with food and healthy eating

Conclusion

It is hoped that by adapting a healthy food policy that the school can promote health and wellbeing while also educating the students to take the practices of the school into their daily lives. Subsequently this will help them to make informed health decisions for the rest of their life.



Two choice menu

Monday	Tuesday	Wednesday	Thursday	Friday
Week one Sausage & Mash with Gravy & Seasonal Vegetables Cheese / tuna / beans / coleslaw jacket potato Bananas and Custard Yoghurt - selection of flavours Fruit	Week one Chicken Tikka Masala with Rice Knorr Cream of Chicken Tuna / cheese / ham / egg / filled roll Cookie Yoghurt - selection of flavours Fruit	Week one Chicken Wrap with Rice & Salad Cheese / tuna / beans / coleslaw jacket potato Chocolate Mousse Break with Mandarin Segments Yoghurt - selection of flavours Fruit	Week one Roast Beef, Roast Potatoes, Carrots, Yorkshire Pudding & Gravy Tomato & Basil Soup Tuna / cheese / ham / egg / panini Fruit Flapjack Yoghurt - selection of flavours Fruit	Week one Fish Fingers, Chips & Peas (mushy or garden) Cheese / tuna / beans / coleslaw jacket potato Frozen Yoghurt with Mixed Berries Yoghurt - selection of flavours Fruit
Week two Salmon Fish Fingers, Sweet Potato Mash & Beans Cheese / tuna / beans / coleslaw jacket potato Brownie Yoghurt - selection of flavours Fruit	Week two All day breakfast - Scrambled Egg, Bacon, Sausage, Hash Brown & Beans Leek & Potato Soup Tuna / cheese / ham / egg / filled roll Fruit Muffin Yoghurt - selection of flavours Fruit	Week two Ham & Cheese Pasta Bake with Garlic Bread Cheese / tuna / beans / coleslaw jacket potato Chocolate Mousse Break with Banana Yoghurt - selection of flavours Fruit	Week two Roast Pork, Mash, Seasonal Veg & Gravy Knorr Cream of Chicken Soup Tuna / cheese / ham / egg / panini Jelly & Fruit Yoghurt - selection of flavours Fruit	Week two Harry Ramsden's Fish Fillet, Chips & Peas (mushy or garden) Cheese / tuna / beans / coleslaw jacket potato Fruit Sponge & Custard Yoghurt - selection of flavours Fruit
Week three Chicken Burger on a Diddl Roll with Chiscuts & Beans Cheese / tuna / beans / coleslaw jacket potato Strawberry Mousse Break with Strawberries Yoghurt - selection of flavours Fruit	Week three Spaghetti Bolognese with Garlic Bread Tomato & Basil Soup Tuna / cheese / ham / egg / filled roll Frozen Toffee Yoghurt with Banana Yoghurt - selection of flavours Fruit	Week three Chicken Korma with rice Cheese / tuna / beans / coleslaw jacket potato Chef Choice Fruit Crumble & Custard Yoghurt - selection of flavours Fruit	Week three Roast Chicken, Mash, Stuffing, Seasonal Veg & Gravy Leek & Potato Soup Tuna / cheese / ham / egg / panini Butterfly Cake Yoghurt - selection of flavours Fruit	Week three Fish Stars, Wedges & Beans Cheese / tuna / beans / coleslaw jacket potato Cookie & Milkshake Yoghurt - selection of flavours Fruit

Available daily: Water, milk and fruit juice.



Vegetarian

October 2022						
M	T	W	T	F	S	S
	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2022						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2022						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 2023						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February 2023						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29						

March 2023						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

