

# Our School Food

Collaton St Mary C of E Primary School

Growing minds



Informing you about the food offered during the school day

# Food education



## Farm visits



## Community



## Choice



## Rewards



## Variety



## Organic



## Seasonal



## Introduction

Welcome to Collaton St Mary school food fact sheet.

The purpose of this leaflet is to inform you about the school meals provision and the food available over your child's school day.

- Diet plays an essential role in growth, development and well being and we feel it is important that you are involved in issues that affect your child in order for us to work together.
- A healthy diet is an important part of the schools curriculum and therefore we aim to encourage children to eat better and feel better.

At Collaton we embrace a 'whole school approach' educating children through all aspects of school life.



### **School food ethos:**

Through our school food initiative and excellent school food culture we encourage children:

#### **To look after themselves**

Encouraging a healthy lifestyle and good eating habits which sets them up for the rest of their lives.

#### **To look after each other**

Highlighting the importance of social interaction at the dining table.

Allowing children responsibility and independence in the dining room.

#### **To look after the environment**

Encourage recycling. We have a composter.

Making the children aware of their local community, food miles and local produce.

#### **Vegetable Garden**

We involve the children in looking after their environment, currently the 'After school Club' are actively involved in this so that they learn about where their food comes from

### **FOOD FOR LIFE**

Food for Life is a network of schools and communities that are committed to transforming school food culture. As a school we recognise this importance and have made positive changes in the way we feed our children and the way we educate them to feed themselves in their future life. We have been recognised for our achievements and are proud to have been awarded the prestigious GOLD award.

### **DINING ENVIRONMENT**

As a school we have worked very hard to ensure the best dining experience for your child. They will enjoy the many social benefits of eating together in a bright relaxed environment, around a family style setting with tablecloths and 'proper' plates with access to fresh drinking water. We encourage independence where the children help with clearing their plates and often put on chef aprons and hats and help as 'happy lunchtime helpers'. Our helpers are divided into either 'Health Heroes' or 'Waste Warriors' helping in all aspects of the dining room. All staff actively assists the children and supports them in the healthy eating message and follow the 'happy lunchtime code'. They are able to get rewards and stickers for good manners, good behaviour and healthy eating. We want our children to be happy and confident and able to make their own decisions about healthy food.

## The services we offer :

### **Breakfast Club from 8.00 - 8.50**

A balanced breakfast is the best way to start the day. Research shows that children who eat breakfast are less likely to be overweight - have higher concentration levels, have a higher intake of key vitamins and minerals and kick start their five a day.

Breakfast clubs help improve children's attendance, punctuality, and attentiveness in school. Children are more receptive and less disruptive in class.

### **Snack Café from 10.15-10.30**

This is open to KS1 & KS2 and is an exciting project that the year 6 children operate. With government regulations now in place we encourage the children to have healthy snacks. These can help stabilise concentration levels and sustain them until lunch.

### **Lunch from 12.30 - 1.30**

A vital element to your child's school day. We actively encourage your child to have a hot school lunch. Your child uses up a great deal of energy concentrating in lessons and being active, the school lunch helps them recharge effectively and helps your child prepare for afternoon lessons. A good balance of nutritious food is on offer on a daily basis. There is a choice of a main meal, vegetarian, jacket potato or petit pain. A salad bar and freshly baked bread basket from the local bakery is also available daily. We have introduced 'real' food, freshly prepared and home-cooked on the premises. We use good quality seasonal ingredients which is locally sourced and organic where possible. For many this is a great chance to try new foods and broaden their tastes. Take a look at our special cultural and food themed calendar on the website.

### **After School club from 3.15-5.30**

Here your child benefits from added vitamins and minerals and healthy snacks. They offer a variety of fruit and vegetables over the school week allowing your child to make healthy choices. Another great way of adding to their five a day and helping your child get what they need for healthy growth and fitness.

### Morning Snacks:

KS1 are given a free piece of fruit or vegetable from the Torbay Council scheme, they also have the opportunity of purchasing a carbohydrate snack from the school tuck shop which is taken to their classes. KS2 children are encouraged to support year 6 by purchasing produce from their healthy 'tuck shop which they run or alternatively they are welcome to bring a **healthy snack** from home for the morning break time which may include: fruit, vegetables, fruit bun, fruit bread, and fruit scone. Water, fruit juice or milk may be drunk.

For further information please refer to the government guidelines [www.Schoolfoodtrust.org.uk](http://www.Schoolfoodtrust.org.uk)

### Packed Lunches:

We encourage that all packed lunches brought from home and consumed in school provide the pupils with healthy and nutritious food that is similar to the food served in schools which is now regulated by national standards. We monitor food in packed lunch boxes. We encourage children to bring pack lunches in insulated bags with freezer blocks, especially throughout the summer months, to ensure that food is consumed at the appropriate temperature and stop food going off.

### 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 every day.
- . 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.
- . Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.
- . Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.

For further information please ask for a copy of 'Ideas for Healthy Packed Lunches and Snacks', or go to [www.nutrition.org.uk](http://www.nutrition.org.uk).

### Packed lunches are not allowed to include:

- . Confectionery such as chocolate bars, chocolate-coated biscuits and sweets.
- . Cakes and biscuits are allowed but please encourage your child to eat these only as part of a balanced meal.
- . Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only on occasions. Crisps and high fat foods should only be given occasionally.

### Special diets and allergies

Be aware of nut allergies. We recommend you visit the [www.allergyinschools.co.uk](http://www.allergyinschools.co.uk) website for accurate, reliable information on managing allergies in schools.

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.

### Practicalities:

We encourage children to drink water regularly throughout the day - Hydration is vital for your child's development.

We allow treats on special occasions - fund raising, booster classes, games matches etc. - when cakes and biscuits are available.

**If you would like to see a copy of our Healthy eating policy please access this on the school website or alternatively ask for a copy in the school office.**

## Frequently asked questions:

**Q: Where does the food come from?**

A: We contribute to the local community by sourcing quality local produce from local suppliers and use organic milk, yoghurt, vegetables and products where possible.

**Q: Where does our money go?**

A: Because we have opted out of the local council catering we are completely self funding, so all profits are used to re-invest in the kitchen.

**Q: Do we have to order lunches in advance?**

A: It is very helpful to avoid disappointment and reduce wastage. We have an on-line payment and ordering system called ParentPay and all orders are to be made on-line by mid-night of the Saturday prior to the week the dinners are required. An activation code will be issued to your child when they start at Collaton St Mary School. If you do not have access to a computer or have an email address, orders can be made using the order forms in the foyer but all orders are to be handed into the school office by 9.00am on the Friday prior to the week the dinners are required.

**Q: Where can I see the lunch menus?**

A: Lunch menus and order forms are available from the school office or on ParentPay.

**Q: What drinks are available?**

A: The children have access to fresh drinking water and Organic milk at lunchtimes.

**Q: What if my child does not want the vegetables?**

A: We have a very colourful salad bar available daily so they can choose some crunchy veg or top up on their 5 a day!



Cooking

Health



Local

Tasty



Growing



Curriculum

