

MISSION STATEMENT OF THE SCHOOL

THE AIMS OF ST. THOMAS MORE HIGH SCHOOL

St. Thomas More High School was established by the Roman Catholic people of South East Essex to provide a Christian education for their sons within the discipline and traditions of the Catholic Church. Since 1996, the school's Sixth Form has admitted girls. The fundamental purpose of the school today is to maintain and develop this Catholic community so that:

- boys and girls can become well-educated and confident young men and women who are spiritually, culturally and socially fulfilled,
- boys and girls are well prepared to move on to the next stage of their lives,
- pupils, parents, Governors and staff can continue to work together to ensure that the education provided will be as rich and successful as possible.

The School's objectives are:

1. That, by the dissemination of Gospel values throughout all aspects of school life, pupils will learn the true meaning and value of their spiritual development in the Catholic faith,
2. That each pupil will achieve his or her true potential and attain the highest levels of success of which he/ she is capable,
3. That pupils will develop qualities of responsibility, reliability, initiative, loyalty and adventure, and an understanding of the importance of service to others,
4. That pupils will develop an enjoyment of learning for its own sake,
5. That pupils will be given, and will take, opportunities to develop the cultural, intellectual and recreational dimensions of their lives,
6. That pupils will feel pride in the school and a lasting sense of the value and pleasure of their years here,
7. That the school will be a living witness to Christian family values in a materialistic and secular society,
8. That the school will maintain and build upon its good reputation in the community, to the advantage of every pupil,
9. That teachers and other staff will find this a stimulating and fulfilling place to work,
10. That parents, teachers and Governors will feel a sense of real partnership and involvement.

The School intends to

1. Emphasise the dissemination Gospel values in all aspects of school life,
2. Emphasise the value and importance of academic study, and encourage every pupil to achieve the best results of which he or she is capable,
3. Emphasise the importance of good order, self-discipline, achievement and a proper sense of commitment and purpose,
4. Encourage in all pupils a sense of pride in being a member of the school community as well as in the development of their own individual identity,
5. Make clear its expectations of pupils, staff and parents,
6. Provide a stimulating and enjoyable range of experiences both curricular and extra curricular.

As a Specialist School:

Our aim as a specialist Mathematics and Computing School is to improve the level of attainment in mathematics and ICT-based courses and to provide engaging, stimulating learning activities in these subjects. We aim to improve the overall enjoyment of these subjects, and for our pupils and students to appreciate the importance of these subjects in their future careers and lives. We aim to be a centre of excellence in mathematics and computing, not just for our own pupils and students, but also for our partner schools and the wider community. Our vision is a school in which all teachers support and enhance the teaching of mathematics and computing through the contexts of their own lessons. All of our teachers aim to take every opportunity to address the reinforcement of mathematics and computing skills in each lesson.

Overall aim of the policy

To encourage parents and pupils 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 regulated by national standards.

This policy was drawn up using a range of national documents 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),

Where, when and to whom the policy applies:

The policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours

- *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 attractive and appropriate dining room arrangements*
- *The school will work with parents to encourage parents 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.*
- *Wherever possible the school will ensure that packed-lunch pupils and school- dinner pupils will be able to sit and eat together.*

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, peanut butter 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*
- *only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.*

Suggested menus to be made available to parents

Packed lunches should not include:

- *snacks such as crisps. Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.*
- *confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but 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 occasionally.*

Special diets and allergies

Be aware of nut allergies. We recommend you visit the 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.

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by staff in the dining areas by observation, and in discussions with individuals and groups of pupils

Parents and pupils who do not adhere to the Packed Lunch Policy may receive a leaflet informing them of the Policy. If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.

Please note: pupils with special diets will be given due consideration

Involvement of parents/carers:

Pupils are normally expected to eat the lunch provided by the school. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy.

Dissemination of the policy:

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter.

The policy will be available on the school's website and will be incorporated into the school prospectus.

The school will use opportunities such as parents evenings and Healthy Living weeks to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff will be informed of this policy and will support its implementation.