

St. Gregory the Great Catholic School  
*A Specialist Music College*

Food Policy



2008 - 2009

## **1. Background and Ethos**

At St. Gregory the Great Catholic School we know that what pupils eat and drink at school is important. We aim to have a school where the teaching and learning about food and nutrition that occurs in the curriculum fully supports and is supported by the provision and opportunities for eating and drinking that occur on the school premises.

We acknowledge the link between pupils' diets and their physical and emotional health and also the key role that we as a school can play in supporting pupils and their families to develop and maintain a healthy diet.

The policy is fully inclusive and applicable to pupils with special dietary requirements either for medical or religious reasons.

The ethos of the school is one that promotes awareness and the importance of healthy lifestyles within the school at all times and recognises the valuable role that all school staff have in modelling good practice and helping to create an environment which supports a positive attitude to healthy lifestyles.

## **2. Aims and Objectives**

### **a) Aims**

At St. Gregory the Great Catholic School we aim –

- To ensure that all aspects of food and nutrition promote and support the health and well-being of pupils and staff and meet the mandatory nutritional standards for school lunches and food served throughout the day.
- To equip pupils with the skills, attitudes and knowledge to enable them to make informed choices about food throughout their lives.
- To ensure equal access for all to healthy food and drink and appropriate nutrition education.
- To increase the uptake of pupils having paid school meals and to increase the uptake of free school meals by pupils entitled to them.

### **b) Objectives**

At St. Gregory the Great Catholic School we aim –

- To ensure that the requirements of the food policy are in the School Improvement Plan
- To review all teaching and learning to ensure that information relating to food and nutrition in different lessons/subjects/key stages are consistent and up-to-date and that there are no gaps in the curriculum.
- To ensure that pupils are well nourished and hydrated at school and that every pupil has access to safe, tasty, nutritious food

appropriate to their needs including meals served at the end of lunchtime.

- To increase the uptake of free school meals to 100%
- To increase the uptake of paid school meals by 4%
- To enable pupils to have sufficient time in order to eat their food
- To ensure that the surroundings are as pleasant as possible
- To work in partnership with parents to promote the aims of the food policy including all foods bought into the school by pupils
- To introduce and promote practices within the school to reinforce these aims and remove or discourage practices that negate them.

### **3. Policy Developments and Consultation**

A working group was set up. Membership included:

- SLT
- Catering Manager
- HR Co-ordinator
- Governor
- Student Council

Consultation occurred with:

- Teaching and non-teaching staff via a questionnaire
- Pupils via the Student Council and via questionnaires to all pupils
- Parents via newsletter questionnaire

To support us in developing this policy we have used guidance from the DfES and the Health Education Service including:

- Mandatory nutritional standards for school lunches and for other food
- National Healthy School Status
- Every child matters
- Healthy Living Blueprint
- Food in Schools

### **4. Equal Opportunities**

At St. Gregory the Great Catholic School we will ensure that pupils' religious and medical dietary needs are met. We will also try to increase the uptake of free school meals by those pupils entitled to them whilst making sure that pupils entitled to free school meals are not identifiable by their peers.

At St. Gregory the Great Catholic School we have:

- 6 pupils with medical dietary needs which include 2 with allergies to nuts and 4 diabetic students.

- 133 pupils are entitled to free school meals (13% of pupils in the school). However only 95 pupils use their entitlement (on average) which is 71% uptake on average. We aim to have 100% of those pupils entitled to free school meals eating school meals.

## **5. Teaching and Learning**

At St. Gregory the Great Catholic School teaching and learning about food occurs:

### **KS3 – Years 7-9 cover:**

- Basic nutrition and staple foods
- Healthy eating
- Special diets
- Multi-cultural influences
- Traditions and Festivals

### **KS4**

Pupils study nutrition in detail and put healthy eating into practical dishes which reflect their own diverse cultural backgrounds. As a result of this pupils experience new ingredients, dishes, cooking skills by observing and tasting foods from other cultures. They undertake extensive coursework tasks through which they can explore a variety of skills and understanding of food.

## **6. Food Provision Other than at Lunchtime**

At St. Gregory the Great Catholic School we provide food and drink to pupils throughout the school day, which will all meet the nutritional standards.

### **a) Breakfast Clubs**

Pupils are able to attend the breakfast club which is run by the catering team. All food served meets the nutritional standards.

### **b) Fluid Consumption**

Water is freely available at break time and lunchtime in the canteen.

## **7. Food Provision at Lunchtime**

### **a) School Lunches**

At St. Gregory the Great Catholic School we provide food and drink to pupils at breaktime and lunchtime which will meet the mandatory

nutritional standards. The school meals are provided by our in-house catering staff and the menus are devised by the Catering Manager.

The queuing system is monitored to ensure that no pupil has to queue for more than 10 minutes. The seating arrangements are that pupils are allowed to sit with their friends.

To create a suitable ambiance in the dining room, staff are on duty within the dining hall and have been trained on managing pupil's behaviour and support is given by the presence of a member of the SMT during the lunch and break time. Additionally all staff are encouraged to use the dining room.

Within and outside the dining room the menu for the day is prominently displayed so that pupils can decide what to eat before entering the dining room, thereby speeding up the queues.

Around the dining room there are displays of pupils' work on healthy food.

#### **b) Packed Lunches**

All pupils who bring lunches to school will be given information on appropriate healthy eating guidelines.

Pupils who bring packed lunches are allowed to eat their food in the dining hall and are supplied with free, fresh drinking water

### **8. Working with Parents and Carers**

The partnership of parents within our school is essential and particularly with promoting healthy eating. At St. Gregory the Great Catholic School we:

- Invite parents of children starting school to come and sample our school food
- Send sample menus home
- Send letters home informing parents of the food policy on children bringing in food and drink from home
- Ask parents for their views on changes to the food and drink provision in the school

### **9. Working with Partner Organisations and Outside Visitors**

In order to enhance the food policy and nutrition education at St. Gregory the Great Catholic School we have worked with the Local Authority Health Education Service and the PCT Community Dieticians. Liaison with the Health Education Service occurs via the Healthy School Steering Group.

## **10. Monitoring and Evaluation**

Compliance with nutritional standards at lunchtime will be monitored by nutritional analysis of menus and reported to the Governors meeting on an annual basis.

Compliance with nutritional standards at times other than lunch will be monitored by the member of SMT responsible for food and reported to the Governors meeting on an annual basis.

Pupils' menus and food choices are monitored and used to inform policy development and provision. Monitoring occurs via a variety of methods such as visual monitoring by Lunchtime Supervisors, monitoring by pupils, surveys by pupils, use of School Council.

Nutrition education in the curriculum will be monitored by SMT with responsibility for the curriculum on an annual basis.

Date of Policy: 26<sup>th</sup> June 2008

Date of next review:

Approved by:

Headteacher

Chair of Governors