



# St Gregory's Catholic Comprehensive School

## Whole School Food Guidelines

This document is freely available to the entire school community. It has also been made available in the school newsletter and web-site.

### **Aim**

To ensure that all aspects of food and nutrition in school promote health and wellbeing of pupils, staff and visitors to our school.

### **Objectives**

What do we want to achieve?

- Review formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up-to-date.
- Work with the Catering Manager to trial a healthy breakfast club, serving a limited range of items.
- Establish food day(s)/week in school to promote healthy eating and drinking messages.
- Ensure that the vending machine has a variety of drinks available, e.g. water and fruit juice to promote healthier eating and drinking. Where possible this is to be Fair Trade.
- Pilot an after school healthier cookery club.
- Ensure that the teacher with responsibility for food has basic food hygiene training.

### **Guidelines**

How are we going to meet our objectives?

- Discuss at School Council. Set up a working group, a School Nutrition Action Group (SNAG), to monitor change.
- Formal curriculum: SNAG to audit food based topics at each key stage.
- Breakfast: Work with Catering Manager on a menu of breakfast options and a reasonable cost. Publicise club in form time and school newsletter, plus through poster advertising in the corridors.
- Food week: Run the Sainsbury's Taste of Success Food Awards in school during D&T week in June for Years 7, 8 and 9.
- Vending: Provide healthy drinks, preferably Fair Trade.
- Extra-curricular: As part of Extended School services will consider setting up and running an after school cookery club.
- CPD: Ensure teacher in charge of food has attended basic food hygiene course.
- Fair Trade: Ensure Fair trade products are used where reasonable. Otherwise, use locally sourced products where possible.

### **Monitoring and Evaluation**

How do we know our objectives are being met?

- SNAG: Report on progress to School Council and review guidelines annually in light of improvements and changes.
- Formal curriculum: AOL Leaders to receive summary and observe sample of lessons.
- Breakfast: School caterer to report on number of pupils using service. Ask pupils, parents and teachers their thoughts about the club and the range of food provided.

- Food week: Headteacher to present certificates in school assembly. Display of photographs for parents' evening.
- Vending: Catering Manager to review vending content once per month to ensure supplier is meeting with school wishes.
- Extra-curricular: Club recipe book produced and reports (photographs) posted on school web-site.
- CPD: Teacher in charge of food disseminates materials for training day to other teachers.
- Fair Trade: SNAG to monitor use of Fair Trade and/or locally sourced products.

### **Notes**

School awarded National Healthy School status.

This guidelines document was produced in consultation with the entire school community, including pupils, parents, school staff, governors, LA representatives, community dietitian and local Healthy School Standards representative.

This school actively supports healthy eating and drinking throughout the school day.

### **Linked school policies:**

Health, Safety, Security and Environment Policy  
Curriculum Policy

Date guidelines reviewed: May 2007

Date of next review: