

GORDON'S SCHOOL

FOOD POLICY

The core principle that guides everything we do is **Putting Students First**.

1. INTRODUCTION

At Gordon's, we recognise the importance of ensuring that our pupils have a healthy balanced diet which will enable them to learn more effectively and develop. It is also part of the school's responsibility to educate pupils in the importance of eating healthy as a foundation for their future lives. We aim to achieve this through Food Technology and PSHE lessons and through the provision of healthy food and drink in school.

All aspects of our Food Policy is monitored by the Catering Manager, the Deputy Head Pastoral in conjunction with the Deputy Head (Pastoral) and PSHE Coordinator.

2. EDUCATION

- 2.1 Food Technology and PSHE lessons are used to increase pupils' knowledge and awareness of food issues. This includes understanding of food production, manufacturing, distribution and marketing practices and their impact on both health and the environment.
- 2.2 A sports nutrition plan is provided to students by the Fitness Suite Manager and also by the Director of Sport. This is published on the School's website.
- 2.3 Other departments also contribute to this area, particularly Science and Geography.
- 2.4 A particular emphasis is given to teaching pupils about the importance of eating healthy and food related issues such as anorexia and bulimia are also dealt with in PSHE lessons.
- 2.5 Sixth Form students attend a 'cooking for university' course as part of their Open Study programme.

3. FOOD AND DRINK

- 3.1 Residential boarders eat all their meals at school and day boarders eat lunch and dinner. The Catering Manager liaises with the Bursar, the Head Teacher and Deputy Head Pastoral regarding catering issues and is responsible for the food provided to pupils in the Dining Hall.
- 3.2 Students' views on the meals are sought at the termly Food Committee which is attended by student representatives from the Houses and chaired by the Assistant Head Pastoral.
- 3.3 The meals produced are, for the most part, home-made using fresh ingredients, are balanced and varied. Fresh salad and fruit is always available.
- 3.4 All pupils have access to water throughout the school day from dispensers around the School.
- 3.5 A snack is provided at 3.30pm for all pupils in Houses.
- 3.6 The pleasant and civilized environment of the Dining Hall along with high quality food encourages both staff and pupils to enjoy eating together.
- 3.7 The views of pupils on food are also sought weekly through the Deputy Head's bulletin.
- 3.8 Specialist diets are catered for and parents must make the Catering Manager aware of special dietary needs. Vegetarian and Vegan options are available every day as

standard.

4. HOUSES

- 4.1 Menus are displayed in Houses for a 3 week cycle of meals.
- 4.2 Heads of House monitor pupils who may have food related health issues e.g. obesity or special dietary requirements and refer them as appropriate to the School Nurse or for Day Pupils, discuss any issues with home.
- 4.3 Residential and Day Boarding Houses run tuck shops for students. They monitor the food available to pupils which can be purchased.

Rob Pavis
Deputy Head (Pastoral)

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