

# 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 students 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 students about the importance of eating healthily 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 are monitored by the Catering Manager, the Head of Boarding and the Deputy Head (Pastoral).

### 2. EDUCATION

- 2.1 Food Technology and PSHE lessons are used to increase students' 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 students 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 may choose a 'cooking for university' course as part of their P7 Co-curricular options.

### 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 Head Teacher and Deputy Head Pastoral regarding catering issues and is responsible for the food provided to students 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 Senior Head of House.
- 3.3 The meals produced are, for the most part, home-made using fresh ingredients, and are balanced and varied. Fresh salad and fruit are always available.
- 3.4 All students have access to water throughout the school day from dispensers around the School.
- 3.5 A snack is provided at 3.35pm for all students in Houses.
- 3.6 The pleasant and civilised environment of the Dining Hall along with high quality food encourages both staff and students to enjoy eating together.
- 3.7 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 three-week cycle of meals.
- 4.2 Heads of House monitor students who may have food-related health issues eg obesity or special dietary requirements and refer them as appropriate to the School Nurse or for day students, discuss any issues with home.
- 4.3 Residential and Day Boarding Houses run tuck shops for students. They monitor the food available to students which can be purchased.

**Ms Helen Carruthers  
Deputy Head (Pastoral)**

**October 2023**