

SACRED HEART GRAMMAR SCHOOL



WHOLE SCHOOL FOOD POLICY

Rationale

Sacred Heart Grammar School actively supports healthy eating and drinking throughout the school day. This policy document was produced in consultation with the entire school community, including students, parents, school staff and governors.

Aim

To ensure that all aspects of food and nutrition in school promotes the health and wellbeing of students, staff and visitors to Sacred Heart Grammar School.

Objectives

Our objectives are to:

- Review the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up to date
- Work with the school caterer to provide a range of healthy items at breakfast, break and lunch time
- Promote healthy eating and drinking messages
- Ensure that teachers who are taking responsibility for food in the classroom have basic food hygiene training

Action

We will meet our objectives by:

- Reforming our SNAG to create a forum for discussion
- Involving the Senior Council in discussion
- Working with the school caterer to run taster sessions
- Developing the Breakfast Club
- Formal curriculum: auditing food based topics across learning areas
- Linking with health promoting events such as Smile Week

Monitoring and Evaluation

We will monitor and evaluate progress through:

- SNAG and Senior Council: reporting on progress and reviewing policy annually
- Formal curriculum: teachers being able to identify food based topics through schemes of work
- School caterer reporting on numbers using service
- Students, parents and teachers providing feedback regarding range of food available
- Students, parents and teachers providing feedback regarding our success in promoting healthy eating and drinking messages