

WHOLE SCHOOL FOOD POLICY (HEALTHY EATING)

Bangor 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 pupils, parents, school staff, governors and the school nurse.

Aim

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

Objectives

- To review the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up to date.
- To work alongside the school canteen managers to ensure that breakfast, break and lunch provision continue to provide healthy foods/meals.
- To run themed food days and establish a food week in school to promote healthy eating and drinking messages.
- To establish a School Nutrition Action Group, consisting of Canteen Managers, Pupils, Teaching Staff and a member of SMT.

We will meet our objectives by:

- Discussing at school council. Setting up a SNAG to monitor change.
- Formal curriculum: setting up a working group to audit food based topics across general learning areas.
- Healthier breakfast club: working with school canteen managers on a menu of breakfast options at a reasonable cost. Publicising club through poster advertising in the corridors.
- Food week: running for example, themed days or fruit and veg taster sessions.
- Linking with health promoting national events, such as Smile Week for Oral Health, World Cancer Awareness etc

We will monitor and evaluate progress through:

- School Nutrition Action Group reporting on progress to the school council, SMT and reviewing policy annually in light of improvement and changes.
- Formal curriculum: teachers being able to identify food based topics through schemes of work.
- School canteen managers reporting on the numbers of pupils using the service for breakfast, break and lunch.
- Food week: reports and photographs posted on the school website.