

## School Food and Nutrition Policy

*Available on TGS website and upon request from the office*

### Related Documents:

- Catering Policy
- Children with Special Medical Needs Policy
- Health and Safety Policy
- Equal Opportunities and Inclusion Policies
- PSHE Policy
- The United Nations Convention on the Rights of the Child (1989)

### Monitoring and Review:

- This policy will be subject to continuous monitoring, refinement and audit by the Principal.
- The Proprietor/Principal will undertake a formal review of this policy for the purpose of monitoring and of the efficiency with which the related duties have been discharged. This will be no later than one year from the date shown below, or earlier if significant changes to the systems and arrangements take place, or if legislation, regulatory requirements or best practice guidelines so require.

Signed:

A handwritten signature in blue ink that reads 'Emma Gowers'.

Miss Emma Gowers  
Principal and Proprietor

Date reviewed: June 2026

Date of next review: June 2027

## **Introduction**

The Gower School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. As a Rights Respecting School, The Gower School ensures that every child has the right to the best possible health (Article 6, 24). This is achieved by a whole school approach to food and nutrition documented in this school food policy whereby pupils receive consistent messages about healthy eating across the curriculum, food provisions, school practices and staff acting as role models. The school recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school.

## **Aims and Objectives**

The main aims of our school food policy are:

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community
- To ensure that all members of the school community are able to make informed choices and are aware of the importance of healthy food
- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills including food preparation and cookery
- To ensure that the mandatory food-based standards are implemented
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school

## **Catering Provision**

The Gower School is a vegetarian, nut-free school and works with School Council who are actively involved in suggesting menu adaptations.

The Chef Manager is responsible for managing the kitchen staff team in the preparation, cooking and serving of school food.

The school is responsible for overseeing and co-ordinating nutrition education for pupils and training for staff where required.

## **Food and Drink Provision**

**Breakfast:** Breakfast Club operates between 8.00am-8.30am every day. Children booked in for breakfast are offered a selection of breakfast cereals with organic semi-skimmed milk, as well as fruit and wholemeal toast.

**Lunch and Tea:** all our food is freshly prepared on site every day using organic ingredients where possible, with a three-week rota of menus to ensure variety. Menus are featured on our school website.

**Snack:** children are timetabled within their class groups to bring in a healthy vegetarian, nut-free snack to share with the class. Chocolate or crisps of any kind are not encouraged. Snack suggestions include:

Savoury:

Vegetables: all varieties welcome (raw, lightly steamed or cooked), cheese (pasteurised and full fat e.g. cheddar, Red Leicester, Edam, cream cheese, feta, mozzarella, mascarpone), breadsticks, rice cakes, cheese twists, mini pitta breads, humus, crackers, falafel, oatcakes, egg, olives (pitted).

Sweet:

Fruit: all varieties welcome, muffins, biscuits, flapjacks, scones, dried fruit (should be served in small portions and low sugar), yoghurt.

Parents are requested to involve their child in the selecting, preparing, and organising of the snack and to try to use foods which they like and would like to share wherever suitable. Parents are also informed if any children in each class are allergic and what the allergies are so that they can accommodate these children with their snack choices.

### **Drinks**

Children have individual school water bottles, and there is a water fountain near the lunch hall. All bathroom taps provide drinking water.

### **School Trips**

Every school trip a letter is sent to parents informing them of the proposed trip and requests (when required) that children come with a healthy nut-free packed lunch. Food items in packed lunches not recommended are removed and parents are informed.

### **Special Occasions**

#### **Birthdays**

The Gower School recognises the importance of celebrating birthdays and special occasions. We welcome any parents who would like to send in fruit or healthy snacks for their child to share with the class on their birthday. Birthday cakes are also welcome but are cut up and sent home with each child at the end of the school day.

#### **Fundraising Events**

Regular fundraising events are held at school which include the sale of treat foods such as cakes but the inclusion of other healthy foods is also encouraged. These events help to raise money for charities such as Macmillan Cancer Support and Breast Cancer Care.

### **Curriculum**

Food and nutrition is taught at an appropriate cross curricular level throughout each key stage by incorporating teaching into subject areas such as Physical Education and Knowledge and Understanding of the World and Personal, Social and Health Education (PSHE) in Key Stages One and Two.

## **Cookery Skills**

The Gower School recognises the value of children having the opportunity to cook food within the school environment so they can learn about budgeting and meal planning, develop basic cooking and food hygiene skills, and learn about healthy eating in an interactive and enjoyable way. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. All pupils are taught the basic principles of a healthy and varied diet, to prepare simple dishes and understand where food comes from. Older pupils are taught about seasonality and a range of cooking techniques.

We have a two year cycle of planned cooking activities, at least one activity per class per term. These cooking activities are based around the season, class topic or celebratory festival.

The school also runs four afterschool cookery clubs of different ages which support the teaching of food and healthy eating. Each cookery club leader plans a range of sweet and savoury items from a list of cookery club ideas and also discusses recipe suggestions from the children in their club.

All staff are required to do an online Level 1 and 2 Food Safety and Hygiene course as part of their CPD.

## **Special Dietary Requirements**

The Gower School does everything possible to accommodate the specialist dietary requirements of pupils and staff including allergies, intolerances, religious and cultural practices (such as Ramadan). Individual menus are created for pupils with food allergies and further information on allergies can be found in our Special Medical Needs Policy.

## **Expectations for Staff and Visitors**

The Gower School expects staff to contribute to and support the school's food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy when in the company of pupils. Dedicated lunchtime staff are based the lunch hall to support children in making sure they serve themselves a balance of different food items. Teaching staff are also encouraged to eat with the children at lunch.

## **Parents**

Our relationship with parents is very important and we aim to support them with information and advice around food so that they are best prepared to make healthy choices for their families. The school also holds regular 'Eat Lunch at School Weeks' in which parents are invited in to eat lunch with their child. This is a great opportunity to observe the mealtime routines at school, see what the children eat and encourage mealtime etiquette. Short questionnaires are given out at the end so that the school can take on board feedback and make any improvements where necessary.