



## HEALTHY SCHOOLS POLICY

**Date of Last Review:** February 2016

**Date of Next Review:** February 2019

**Responsibility:** Miss H. McEwen

**Advisory Body Signature:**

## Introduction - why we need a healthy school policy

Diet is a contributing factor to the rapid rise in childhood obesity, and it has been found that too many children's diets are too high in fat, salt and sugar, and too low in fruit and vegetables. Poorly nourished children, particularly those who are overweight or obese, experience social and psychological problems. This can have a significant impact on their behaviour and performance in schools.

As children spend on average a quarter of their waking lives in school, one big step to improving the health of children is to offer healthy food and drink choices throughout the school day, education about healthy lifestyles through PSHCEE, and physical fitness via PE lessons and extra-curricular activities. The school environment, attitudes of staff and pupils, as well as what children learn in the classroom, have a major influence on their knowledge and understanding of health. If encouraged to enjoy healthy lifestyles early on, it is much more likely that these positive behaviours will remain with a child throughout life.

## What is a 'Healthy School'?

National Healthy School status requires schools to meet criteria in four core themes. These criteria relate not only to the taught curriculum but also to the emotional, physical and learning environment that the school provides. The criteria are;

- **personal, social and health education;**
- **healthy eating;**
- **physical activity;**
- **emotional health and wellbeing.**

## Aims

We aim to:

- Improve the health of the whole school community by supporting pupils and families to establish and maintain life-long healthy and environmentally sustainable habits;
- Help our pupils acquire the skills and knowledge to make healthy choices and set a good example by offering healthy food and drink options and integrating healthy lifestyle education into our curriculum;
- Integrate our aims into all aspects of school life, including food provision within the school, the curriculum and pastoral and social activities;
- Ensure that the school promotes the health and wellbeing of pupils, staff and visitors to the school;
- Use high standards of fresh produce from sustainable sources where possible.

## Our objectives and desired outcomes

We shall accomplish our aims through healthy lifestyle education, including the development of skills such as cooking and growing, the food served in school and core academic content in the classroom.

We shall work towards the following **objectives**:

- To increase pupils' knowledge of healthy lifestyles and the impact of living sustainably on both health and the environment;
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day;
- To ensure the food provision in school reflects the ethical and medical requirements of all pupils and staff, e.g. religious, ethnic, vegetarian, medical and allergic needs;
- To encourage parents/carers who provide food and drink for consumption at school (packed lunches, snacks, etc.) to meet the same standards as food provided by the school;
- To ensure that food and drink available before and after school meets the same standards as that provided by the school (breakfast/after school clubs, study support/out of hours activities, residential visits, etc.);
- To make the provision and consumption of food an enjoyable, social and safe experience for all;
- To encourage children to develop appropriate skills for choosing and preparing healthy meals;
- To ensure adequate provision for children who have specific dietary requirements in relation to a medical condition (this may conflict with healthy eating principles), e.g. cystic fibrosis;
- To introduce and promote practices within the school that reinforce our aims, and to remove or discourage practices which negate them;
- PSHE provides children and young people with the knowledge, understanding, skills and attitudes to make informed decisions about their lives;
- PSHE contributes significantly to all five national outcomes for children and young people: being healthy, staying safe, enjoying and achieving, making a positive contribution and economic wellbeing;
- Physical activity contributes significantly to the being healthy national outcome for children;
- Children/young people are provided with a range of opportunities to be physically active;
- They understand how physical activity can help them to be more healthy, and how physical activity can improve and be a part of their everyday life;
- They understand, through other subjects such as science, about their physical health and how the body works and digests foods.
- Vulnerable children and young people have individual support plans;
- The school has examples of planned and structured intervention work to address the issues of identified children and young people;
- The school has plans and protocols in place for working with other agencies to support individuals and their families;
- Vulnerable children and young people report feeling supported;
- Children and young people with specific behavioural, emotional or social difficulties have planned and structured interventions matched to their needs;
- The promotion of positive emotional health and wellbeing helps children and young people to understand and express their feelings, build their confidence and emotional resilience, and therefore their capacity to learn.

### Desired outcomes:

- Staff are trained in healthy schools education;
- Pupils choose healthy and nutritious food across the school day and enjoy it;
- The whole school is aware of how they are transforming school culture;
- There is a reduction in behavioural incidents;
- The school meets the healthy schools standards;
- Pupils can plan and cook healthy food;
- There are snacks available that are not rich in salt, sugar and fat;
- There is increased fruit and vegetable consumption;
- Social inclusion is promoted
- All pupils achieve a healthy body weight;
- Students know how to make positive life choices

### Food through the school day

The school community has agreed to promote a balanced diet, in line with 'The balance of good health', through the following approach to food through the school day:

- **Breakfast / before school club:** Food provided is nutritious and affordable
- **Snacks / fruit in school:** The school encourages healthy snacks and has these on sale
- **School meals:** The school uses Caterers to provide hot school meals. Regular meetings between the Head Teacher, Caterers manager, Healthy Schools Reps are held to discuss how meals are meeting nutrition standards, and the promotion of healthy options to the children.
- **Packed lunches:** Parents are requested to support the school's commitment to healthy eating by not sending in large quantities of unhealthy snacks such as chocolate bars and crisps. This is also in recognition of the important impact of peer pressure on children. The school endeavours to ensure that information and ideas about healthy packed lunches is sent home regularly to promote awareness and support for this agenda.
- **School community events:** There are healthy options provided to staff for events such as parents evenings.
- **Trips and off site purchase of food:** As with all other policies, the school's healthy eating policy will also apply. FSM students receive a packed lunch.
- **Nuts:** Children are not allowed to bring nuts into school due serious nut allergies of a few children.
- **Water:** Water is provided for all children at lunchtime. There is also a water supply in the canteen and by the dance studios and there are water fountains in the playground, which children can use to fill water bottles. Children are encouraged to bring in a water bottle by their class teacher and through assemblies. Parents are encouraged to supply their children with water bottles through newsletters. It is parents' responsibility to ensure that water bottles are taken home and washed regularly. Teachers will encourage children to take a drink daily, and will particularly encourage children displaying poor behaviour or lack of concentration, or where parents have made staff aware of any medical condition

that can be improved with increased consumption of fluids. Water bottles should only contain water, not squash or juice.

- **Other drinks:** All our drinks are compliant to government guidelines. Parents are asked not to send these into school for health, practical and environmental reasons.

### Curriculum organization, planning and delivery

We will ensure that the taught curriculum and food provision throughout the school day present a consistent message. There are opportunities to explore issues around food in many subject areas, such as Science, Technology, PE and ECM Theme Days. Children also take cooking lessons in the new cooking rooms in KS3 and have the option to select this at K34; enabling them to learn more about healthy food and how to prepare it. We undertake to capitalise on these opportunities in order to:

- Bring the subject "alive" through curriculum links and projects that provide ongoing contact with food professionals.
- Develop an understanding of the role food plays in cultural diversity and knowledge of food in other cultures.
- Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices. Both curricular and extracurricular activities will help pupils develop an understanding of food issues, including: growing; hygiene and safety; preparation; nutrition; healthy lifestyles; and the food industries.

The school uses the following resources to teach pupils about food and healthy eating:

*Cooking lessons, ECM Theme Days, Orchard events (Apple Day, Apple Core Club, OLIVE, PSHCEE, Science, Hospitality BTEC, Use of Hospitality Suite, PE and Dance*

### Partnerships

The school values working in partnership with parents/carers and with the wider school community. This is an essential part of promoting healthy lifestyles. The head chef also has partnerships with sustainable supplies, where the food is sourced fresh from "Red Tractor" and the "Marine Stewardship Council". Partnership working will be promoted through *policy development, home-school contracts, School Councils, working with food and drink suppliers, health professionals, the school's contribution to the local community, work with parents, Healthy Lifestyles Theme Day, school travel plan, enterprise schemes, OLIVE, use of Orchard, allotment and RELC.*

### Equality of opportunity

In accordance with school and Local Authority policy, a commitment to equal opportunities and inclusion will be built into all aspects of food and drink provision.

### Other policies that should be referred to include

- Anti-Bullying Policy
- Confidentiality Policy
- Drug Incidents Guidance
- Drugs Policy
- Education for Sustainable Development Mission Statement
- Physical Activity Policy
- PSHE Policy
- Race Equality Policy
- School Grounds Policy
- Sex and Relationship Policy