

Haytor View Community Primary School & Nursery

Healthy Schools Policy 2020 - 21

Learning together - enjoying success - aiming high - celebrating difference – enriching community



Rationale

Haytor View Community Primary School recognizes that a healthy school is one that is successful in helping pupils to do their best and build on their achievements. It is committed to ongoing improvement and development. It promotes physical, emotional and nutritional health by providing accessible and relevant information and equipping pupils with the skills and attitudes to make informed decisions about their health.

A healthy school understands the importance of investing in health to assist in the process of raising levels of pupil achievement and improving standards. It also recognizes the need to provide both a physical and social environment that is conducive to learning.

Objectives

- ! To promote a whole school approach to a healthy lifestyle;
- ! To encourage children and staff to make informed decisions on a healthy lifestyle based on positive attitudes and information;
- ! To promote safe working and playing relationships and environment both inside and outside of school;
- ! To provide high quality Physical Education and School Sport and promote Physical Activity as part of a lifelong healthy lifestyle;
- ! To increase the children's knowledge and understanding of the importance of water in their diet we encourage all children to have water bottles in school;
- ! To provide children and staff with the opportunities to make informed choices about a healthy lifestyle based on current information and liaison with outside agencies;
- ! To develop the teaching of nutrition with regard to Healthy Eating
- ! To provide children with more choices as to how they use their playtime by the development of the school grounds;
- ! To support children in having a healthy snack at morning break time;
- ! To support the Local Authority's 'Fruit for Schools' initiative by supporting KS1 children to eat one portion every day at break;
- ! To help children develop greater confidence, motivation, self-esteem and have the skills, information and understanding to make important life and health choices;
- ! For children to learn how to develop good relationships and respect difference.

Principles

The school will adopt a healthy schools approach to most areas of the curriculum; therefore evidence will be cross curricular. Some areas of learning will cover many of our aims and objectives and opportunities are sought in other topics to further expand on these messages. Our pupils will experience most health education in the following areas:

- ! **PE:** Through dance, gymnastics, swimming, after school clubs and games and outdoor adventurous activities.
- ! **PSHE:** Seal and R time: This is a regular activity in the classroom throughout the school. PSHE/SRE issues will continue to be covered within the curriculum, including the use of: personal targets for the children; classroom expectations; school ethos; visitors.
- ! **Design and Technology:** Through food technology curriculum within the year groups, some directly based on Healthy Eating.
- ! **Science:** Through curriculum map within the year groups which may be based on Healthy Eating topics or cover such issues as Sex Education

Food in School:

The school are committed to the duty of care for children in all regards, this includes healthy eating. We support children in making healthy choices in their eating habits and exercise. We have developed an 'eating in school' statement to support the children's awareness of healthy eating, this follows national guidelines.

Where children have particular food intolerances, we work with Parents/Carers to develop a Food Allergy Plan or where appropriate Health Care Plan, in order that the child's health and well being are maintained and reviewed periodically.

Packed Lunches should be made with the following healthy guidelines:

1. Seeds, vegetables, crackers or breadsticks are a good alternative to crisps;
2. A portion of fruit or vegetables should be available to children at lunch time;
3. Pastry products such as pasties or sausage rolls should only be incorporated rarely;
4. Meat, fish or other source of non-dairy protein (e.g. hummus) should be provided every day;
5. Starchy foods such as bread, rice, pasta, potatoes, couscous, cereals, should be eaten once a day;
6. Dairy products such as yoghurt, milk or cheese should be consumed every day;
7. Water, fruit juice, milk or smoothies are suitable alternatives to fizzy drinks;
8. Confectionary such as chocolate bars/biscuits/sweets, should not be included in a packed lunch.

Snack provision is in accordance with ISS nutritional standards and are arranged as follows:

Morning Snack/Break time

Foundation Stage - 1 piece of fruit or vegetables to be provided by school or by home where the child has specific fruit or vegetable preference which cannot be met by school. In discussion with school staff, parents are able to provide the children with an additional piece of fruit; vegetables; crackers; breadsticks. Access to milk during snack time and throughout the day.

Key Stage One - 1 piece of fruit or vegetables to be provided by school or by home where the child has specific fruit or vegetable preference which cannot be met by school. Children can bring in a milk drink from home.

Key Stage Two - 1 piece of fruit or vegetables to be provided by home or purchased at school. Alternatively children can have: breadsticks; crackers; toast; crumpets; malt loaf, to be provided by home or purchased at school. In order to support healthy and balanced approach to daily nutrition, children are not permitted to take alternative items from their packed lunch box for break time. Children can bring in a milk drink from home or purchase one from the snack provision.

Lunch provision

We encourage parents to consider a balance of foods when providing packed lunches. Food groups such as: dairy; meat, fish or other non-dairy protein; fruit and/or vegetables should be considered.

Fizzy drinks and chocolate are not considered appropriate for children to consume during the school day, so these should not be included in children's packed lunches.

We are grateful that parents refrain from providing children with allergenic food stuffs, particularly nuts as part of lunch arrangements. We do not guarantee a completely allergy free environment, preferring to seek to minimize risk of exposure, encourage self-responsibility and plan for effective response to possible emergencies.

Inclusion:

We enable all pupils to have access to the full range of activities to support their learning. Modifications are made to enable children with special educational needs to show progression and achievement in all Healthy Schools activities.

Staff Development:

The Head Teacher is responsible for relaying all information about Healthy School's curriculum to other members of staff. They will arrange for staff members to attend any relevant courses which may contribute to the updating of this information or for personal development.

Reviewing the Policy:

This policy outlines the practice and intentions of the school at the present time and will be used as an ongoing document. It will be updated on a regular basis or when new legislation is available.