



Healthy School Food and Lifestyle Policy

Reviewed and adopted by Safeguarding committee – May 2017

Review date: May 2019

At Handcross School, every child is special

Aims for the School

- To make all children and staff feel safe, happy, respected, cared for and have a sense of belonging. To create a trusting atmosphere in which the spiritual life and personal qualities of the children will flourish and their growing confidence and independence nurtured.
- For there to be high expectations which inspire, motivate and challenge **every** child to learn in every aspect of a broad curriculum. For the children to learn how to think independently, develop their imaginations and have fun. For every day to be used to the full.
- To have good working relationships between all who work in the school and a strong partnership with the parents, other schools and the community.
- To create an in/outdoor environment which is attractive, lively, stimulating, informative and which supports the children's learning.
- For the learning to be based on our knowledge of *how* children learn, the preferences and interests expressed by the children themselves and from stimuli within the locality.
- For exciting and memorable lessons to be well planned and resourced, with plenty of rich, satisfying, enjoyable, multi-sensory experiences, and for lessons to be suitably differentiated to meet every individual need.
- For the good and relevant use of IT to be fully exploited.
- To set short, medium and long-term goals which challenge and stretch each individual, and for progress to be carefully tracked.
- For teachers to accurately assess individuals at every stage of the learning so that the resulting interventions have a *direct impact on the children's learning*.
- For the children to be able to talk about their progress towards their targets, and for their achievements to be celebrated.
- For the children to be prepared to lead a life within a diverse and constantly changing society, in which they will respect British values, adopt a healthy lifestyle, achieve economic well-being, and make a positive contribution.

September 2016

Introduction

A whole school approach to food and health is fundamental to establishing good dietary habits and an understanding of the links between good nutrition and future health. In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. This policy should be read alongside the school's PSHCE, Drug and Sex Education Policies.

Rationale

Handcross is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

Aims and Objectives

- To ensure that consistent messages are given about food and health.
- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to the school.

The Curriculum

In Early Years, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing

and cooking food. In addition to topic related food tasting, once a term we organise a special event that gives the children the opportunity to share food (Autumn Term – Christmas lunch, Spring Term – Easter breakfast, Summer Term – French Lunch Day). During these times there is a focus on modelling positive behaviour. Children are directly taught the rituals and ceremonies around social eating.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus.

Maths offers the possibility of frequently using healthy foods to promote learning in the basic operations e.g. counting, sharing, fractions, data handling, weighing, and measuring.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals; if they are sweet, we explain that festivals are for treats.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources.

Food Technology as part of **DT** provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking. Pupils are given the opportunity to experiment with taste and flavours and are encouraged to consider the different texture and appearance of foods. Pupils design packaging and adverts to promote healthy food choices.

PSHCE encourages young people to take responsibility for their own health and well-being and teaches them how to develop a healthy lifestyle. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income.

History provides insight into changes in diet and food over time e.g. when the infants study 'Homes from the Past' they make pottage with traditional vegetables and herbs.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

Pupils are encouraged to eat healthily in order to improve performance.

Whole School Assemblies continuously promote healthy living. The theme 'Healthy Me' is explored in more detail when it arises within the two year cycle.

Infants

In the infant department strong links are made to healthy living through the following topics: 'Healthy Me', 'How does your garden grow?' and 'Down on the Farm'.

The topic 'Healthy Me' covers the importance of a balanced diet (including eating '5 a day'), regular exercise and personal hygiene.

In 'How does Your Garden grow' the children learn about 'growing your own' and plant and harvest a range of salads and vegetables. We learn about the parts of a plant we eat and discuss the benefits of eating fruit and veg.

In 'Down on the Farm' we learn about foods that come from plants and animals and again discuss associated health benefits.

KS2

In topics such as The Rainforest, Ancient Greece and India, the children learn about foods from other cultures. In addition, the children are taught about healthy eating through yearly workshops and in science. The focus areas are teeth, eating and digestion which is studied in year 3/4 and keeping healthy which is studied in year 5/6.

Food and drink provision throughout the school day

Packed Lunches and Hot Lunches

Parents are encouraged to pack their children healthy lunches and are given the opportunity to attend 'Healthy Eating' workshops. School hot lunches are provided for all infants by a contracted caterer who has a healthy food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. The caterers, in planning their menus, pay regard to nutritional balance and healthy options which comply with the standards set by the Foods Standards Agency.

Drinks

Children under five have free milk provided and the rest of the children have the option to buy very reasonably priced milk. The milk is refrigerated. Children have water bottles in the classroom which are refilled. Children are actively encouraged to drink water throughout the school day. We ask parents not to send in fizzy drinks with packed lunches and we remind them that only water may be drunk during the school day, except at lunch when children may bring their own drink.

Snacks

All children in Foundation stage and KS1 are provided with fruit or vegetables for their mid morning snack. This is provided free. KS2 children have the option to order and buy fruit half termly or alternatively can bring in fruit or vegetables for their snack.

Celebrations/treats/special events

Sweets and chocolate are not routinely given as rewards and prizes but they are used occasionally to celebrate significant whole school achievements. If a child wishes to celebrate their birthday with their class mates they are not allowed to bring sweets, but alternatively could bring a small gift e.g. eraser, balloon.

The children bring in food to share at certain times across the year e.g. Christmas lunch and Easter breakfast. In groups they plan their healthy meal and one of a group is allowed to bring in just one 'treat' to share with the group. During fund raising events we are careful not to use sweets and drinks that contain large amounts of colourings and additives. The children may occasionally run a cake stall to raise money for charity. Guidelines outlined in this policy are strictly followed during educational visits and residential trips – children are not to take or purchase sweets and fizzy drinks. On the residential trip, the staff will distribute a small quantity of sweets for the outward and return journey.

Special dietary needs/allergies

On entry parents inform the school of their child's specific dietary requirements. All class teachers are provided with class lists that contain this information.

Monitoring and review

Class teachers are responsible for the curriculum development of the Food Policy. The Headteacher, PSHCE Coordinator and Learning Mentor are responsible for supporting colleagues in the delivery of the Food Policy. The LA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.