



SAUNCEY WOOD PRIMARY SCHOOL

Healthy Schools Policy

Source	Existing Policy
Reviewed	September 2023
Next review date	September 2025

OUR MISSION

With care, support and friendship the Sauncey Wood family mission is to welcome, educate and enrich every child, providing a personalised and outstanding education where children are actively encouraged to challenge themselves and others to achieve their full potential.

OUR VALUES

Perseverance Cooperation Resourcefulness Reflection Curiosity

OUR VISION

- To provide a secure, stimulating, caring and happy learning environment for all
- To encourage all to achieve their potential
- To give each child a solid foundation through a sound value system, and to encourage participation in all aspects of school life
- To develop a partnership with parents/carers, and good relationships with the local community
- To promote tolerance and respect for each other, valuing and supporting the endeavours of each other
- To effectively resource and implement the National Curriculum through a broad, balanced and exciting curriculum
- To acquire learning skills and an understanding of how to learn
- To create situations that will encourage children to work collaboratively, co-operatively as well as independently

Rationale

Sauncey Wood Primary School recognises 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 and emotional 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.

We recognise that a healthy diet is essential for maintaining and protecting children's health, ensuring they perform to their very best during the school day (both

academically and physically) and for their general growth and development, as well as their mental health and well-being.

We believe that the school, in partnership with parents and carers, can make a major contribution in improving young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices. Educating children on the benefits of healthy eating and regular exercise can bring about both immediate and long-term improvements to their quality of life.

We aim to ensure that healthier food and drink choices are promoted throughout the school day, by taking account of individual needs (e.g. cultural, ethical, medical), noting nutritional values and by conveying healthy eating messages across the curriculum.

The benefits of Healthy Eating include:

- ✓ Helping young people develop, grow and do well in school
- ✓ Preventing childhood and adolescent health problems such as obesity, eating disorders, tooth decay and anaemia
- ✓ Helping to prevent health problems later in life, including heart disease and cancer
- ✓ Establishing healthy eating habits at a young age, which is critical because changing poor eating patterns in adulthood can be difficult
- ✓ Sitting down to a meal with other children or at home as a family; this is an important part of a child's social education and life skills

Consequences of Unhealthy Eating may include:

- Hungry children are more likely to have behavioural, emotional and academic problems at school
- Research suggests that not having breakfast can affect children's intellectual performance
- Poor eating habits and inactivity are the root cause of obesity. The percentage of young people who are overweight has almost doubled in the last twenty years
- Developing eating disorders; these are extremely common among young people
- Becoming overweight causing other health issues that can impact on adult life

Aims and objectives of our Healthy Schools policy

- 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 ensure children understand about their own and others' mental health and how to take care of themselves and others.
- To promote safe working and playing relationships and environment both inside and during break and lunch times

- 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 through the provision of access to water bottles to all pupils
- To encourage all pupils to bring in a water bottle and drink water throughout the school day
- 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 the Food Technology aspect of the Design and Technology Curriculum with regard to Healthy Eating
- To encourage children to make healthy choices at all times both at school and home
- To provide children with more choices as to how they use their playtime by the development of the school grounds and outdoor learning opportunities
- To encourage KS2 children to bring in a healthy snack at morning break time- no nut products
- To support the LEA's 'Fruit for School's' initiative by encouraging KS1 children to eat one portion every day at morning break.
- To help children develop greater confidence, motivation, self esteem and have the skills, information and understanding to make important life and health choices.
- To achieve better academic results within a setting that supports their health and well-being
- For children to learn how to develop good relationships and respect the differences between people.
- Provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety.
- Work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals, which are appropriate for our particular children.
- Deliver a pleasant and sociable dining experience which enhances the social development of each pupil.

Nutritional aims:

- Encourage pupils to choose a variety of foods to ensure a balanced intake in line with the Eatwell National Nutrition Guide.
- Encourage foods which are rich in vitamins, iron and calcium
- Encourage starchy foods as a source of energy
- Encourage the consumption of milk and water
- Discourage sugary drinks and snacks between meals

Policy into Practice

The school will adapt a healthy schools approach to most areas of the curriculum; therefore, evidence will be very cross curricular. Some topics such as 'Growth', 'Ourselves' and 'Healthy Diets' will cover most of our aims and objectives.

Responsibility

It is the responsibility of all staff, including teachers, support staff and the catering team to be proactive in implementing the Healthy Schools Policy and to act as role models by demonstrating positive attitudes to healthy eating and life style choices, developing pupils' awareness and understanding of how to make their own healthy lifestyle choices:

- Senior Members of staff lead on the development and monitoring of Health Education and its implementation and liaise with the lunchtime staff, school chef, kitchen staff and food contractor.
- The subject leaders of PE and DT are jointly responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident through the school's PD, DT and enrichment planning.
- The school caterers (Herts Catering) and kitchen staff are responsible for providing high quality food which complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.
- A copy of the school menu is shared with parents and posted on the school website.
- This school policy takes account of national guidance produced by the School Food Plan, and Change4life.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Therefore, we inform and involve parents and carers about healthy eating through special events or support, the school website and newsletters. Parents and carers are also updated on our policies through school newsletters and on the school website.

During off-site activities, such as school trips and visits, the school will encourage parents/carers to provide packed lunches which are in keeping with this policy. No chocolate (it normally melts) or products with nuts are permitted.

Water

Research indicates that school children do not drink enough water during the school day and that this can affect their concentration and behaviour.

The school recognises that children concentrate better, are healthier and more comfortable if they are not dehydrated, and the best way of ensuring adequate fluid intake is to provide access to water as needed.

All children are encouraged to bring a water bottle to school each day. This is kept in an accessible place according to the expectations in each particular class.

We have water fountains in the KS1 and KS2 corridors and children are encouraged to drink water regularly throughout the day and have water bottles in class. Water is available to staff and visitors in the staff room.

School Break Times

Subsidised milk (for Reception children) or water should be drunk during the day. Fizzy drinks and fruit juices are not allowed to be consumed in school, these drinks are not permitted during break times or at any other time during the school day.

Children in Reception and KS1 are supplied with a piece of fruit at break time. In KS2, parents are asked to supply their child with a healthy snack which may consist of: fresh fruit or vegetable portions, cheese or a bread sticks/crackers. Other snacks such as crisps, pancakes, croissants etc. will not be allowed to be consumed at break time (unless on Tuck shop where healthy alternatives are available). We rely on our parents/carers to provide an appropriate healthy snack following the above guidelines.

Packed lunches should include some fruit and/or vegetables e.g. a piece of fresh fruit, cherry tomato, raw carrot, cucumber wedge. We would always encourage children to drink water as a first choice however, non-carbonated zero sugar squashes are acceptable. Sugary drinks and chocolate snacks are not allowed to be consumed at lunch time. All uneaten food and wrappers are kept in the lunch box so parents can monitor what their child has eaten. We understand that some children with SEND or medical needs may have a different or set items in their packed lunch. Our Lunchtime Assistants monitor the content of packed lunches. If pupils are noted to consistently bring unhealthy packed lunches, then parents will be contacted to discuss healthier options.

Sweets, chewing gum and fizzy drinks are not allowed in school. If these items are brought into school, children will be asked to hand them to an adult so that they can be returned to their parent/carer. A small treat such as a biscuit or treat size cake can be sent in on a Friday to coincide with Friday Special school dinners (pizza or fish and chips).

School meals

For many children, the lunchtime meal is the main meal of the day. It is important that meals served are nutritionally balanced. Under-nutrition, even in its milder forms, can have detrimental effects on cognitive development, behaviour, concentration and school performance.

The subtle message that pupils receive about food and health from the daily life of school are as important as those given during lessons, e.g. school menus, peer pressure to eat certain snacks in packed lunches. By working together, we can promote healthier eating habits.

Pupils with Special Dietary & Medical Needs

On enrolling your child at school, and as a part of the admissions procedure, parents/carers are required to complete a form detailing any special dietary or medical needs their child may have. Such requirements/needs are discussed with the parents/carers, members of staff responsible for the child and the caterers. Records of pupils' special dietary and medical needs and how these are met are stored on the school's management information system. This information is also stored in classrooms, our teaching kitchen, the dining room, school office, staff room and Headteacher's office.

Pupils with medical dietary needs and cultural dietary preferences are identified by the catering staff through the use of a computer, which highlights pupils' individual needs/choices at the point of serving a meal. There are also images displayed in the school kitchen.

The Eating Environment

A welcoming eating environment is provided which is appropriate to the needs of primary aged pupils.

This is enhanced by the following:

- Children queue up in year groups and in an orderly manner
- Children are usually allowed to sit in their friendship groups
- Behaviour and noise levels are monitored and managed by lunch time assistants

Curriculum, Teaching and Learning

Healthy eating and the exploration of diet and health are covered throughout the Curriculum across the school. Through Physical Education, Science and the Jigsaw PD curriculum, the children are encouraged to think about diet, health and personal development. This is supported by visits, assemblies and other whole school events.

We ensure that pupils are taught about the nutritional value of food from Reception up to Year 6, in line with the National Curriculum, developing their understanding in food related issues, including food hygiene and safety.

Physical Exercise

Exercise plays an important role in the promotion of a healthy lifestyle. It not only brings physical benefits but psychological ones too. Research has shown that physical exercise can help combat depression and raise self-esteem. All children are encouraged to actively participate in Physical Education and swimming lessons which generally take place in a block in Year 2. The school offers a variety of extracurricular activities including dance, football, multi-sports, netball etc. for children to join. There will be focused days including National Fitness Day and Outdoor learning week to raise the profile and importance of a healthy lifestyle. Our pupils also take part in the Daily Mile using our outdoor all-weather track.

Rewards and Special Occasions

If children would like to celebrate their birthday or other celebrations with their class, then they are encouraged to donate a book or a game for the children to share and enjoy throughout the year. No food items brought in will be given out by the school or on school grounds.

It is not common practice but on the rare occasion that a teacher would like to have a celebration with their class, then they may provide them with a variety of snacks (healthy options will be available as well). Information will be shared with parents/carers beforehand.

Equal Opportunities

- Where appropriate, modifications are made to enable children with special educational needs to show progression and achievement in all Healthy Schools activities.
- We enable all pupils to have access to the full range of activities to support their learning through differentiation, support and guidance.

Assessment and Monitoring

- Assessment and monitoring will be carried out on an ongoing basis within the curriculum using our school's assessment grids.

Role of the Co-ordinator and Staff Development

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

development. We are delighted that we have achieved Enhanced Healthy Schools for our work linked to Mindfulness.

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.