



Elton Primary School & Nursery

# Healthy School Policy

*In our school, the wellbeing and education of all our children comes first*

<b>Full Governors</b>	<b>Summer 15</b>
<b>Review</b>	<b>Summer 18</b>

## **Introduction.**

At Elton Primary 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.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity and we work closely with the school cook on healthy meals and also the Children's Centre on provision of cookery classes for adults.

## **Rationale.**

Elton 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 our 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 we are giving consistent messages about food and health.
- To give our pupils the information they need to make healthy choices.
- To promote health awareness.
- To contribute to the healthy physical development of all members of our school community.
- To encourage all children to take part in the '5 a day' campaign.

## **Snacks**

All FS and KS1 classes have a morning break time snack of free washed fruit and /or vegetables available to all children, as part of the government initiative to provide all infants with free fruit or vegetables during the day. All children have access to a tuck shop which sells toast, bagels, bacon sandwiches, water and milk, and fruit and vegetables on various days during the week.

## **School lunches and packed lunches**

All our school meals are provided by a contracted caterer (CBS) who has a healthy food policy as part of their tender. This includes the use of fresh fruit and vegetables each day as a choice for the children, and a salad bar. They provide a hot and cold option, both of which pay regard to nutritional balance and healthy options. Some children bring a packed lunch to school. We regularly include newsletter items and reminders about the contents of these and encourage the children to request healthy options in their packed lunches.

## **Water for all**

Cooled water is freely available throughout the school day for children, staff and visitors. Water bottles are available for purchase in school and every child is encouraged to bring their bottle to store their water in. Children may drink their water at any time. Regular water breaks are built into the school day by class teachers, and children are encouraged to drink water at their snack time.

## **Food across the curriculum**

In FS, 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.

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

Mathematics can offer the possibility of understanding nutritional labelling, calculating quantities for recipes, weighing and measuring ingredients.

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.

R.E. provides the opportunity to discuss the role of certain foods in the major religions of the world. Children can experience different foods associated with religious festivals.

I.C.T. gives children the opportunity to research food issues using the internet and other electronic resources. Children can design packaging and adverts to promote healthy food choices.

Food Technology as part of D.T. provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

P.S.H.E./S.E.A.L encourages children to take responsibility for their own health and well-being, and shows children how to develop a healthy lifestyle, addressing issues such as body image. Children are able to discuss issues of interest 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 who rely on growing food as their source of income including the principle of Fairtrade foods. History provides insight into changes in diet and food over time.

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

Music can provide children with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

We also offer cookery club as an extra curricular option for children to further learn about food.

School visits provide children with activities to enhance their physical development such as day visits and residential to activity centres. After school clubs include gardening and cookery activities.

### **Including all Learners**

Inclusion involves the identification and minimising of barriers to learning and participation, and the maximising of resources to support learning and participation. We believe in giving children strategies to be successful.

### **Partnerships with parents and carers**

The partnership of home and school is critical in shaping how young children behave, particularly, where health is concerned. Each must reinforce the other. Elton School will lead by example.

Parents and carers are regularly updated on our policies for healthy snacks, water and lunches through letters and newsletters. Parents are invited in to school regularly for 'Parent Lunches' where they can eat a school prepared shared lunch with their child.

### **Role of the Governors**

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

### **Monitoring**

The Headteacher is responsible for celebrating, enhancing, provision of and monitoring the healthy schools message and agenda within school. The L.E.A. are responsible for ensuring the quality of the food offered as part of the contract with the caterer.

### **Review**

This policy will be reviewed to take account of new developments.