



St. Mary's C of E (VC) Primary School

HEALTHY EATING POLICY

BACKGROUND INFORMATION

St. Mary's Primary is a C of E Voluntary Controlled primary school for girls and boys aged 4-11. The school presently has 340 children on roll who come from both single and dual parent families. In each year there are a number of children identified with special educational needs. There is a wide social mix and very varied family backgrounds. The school covers an urban residential area and also has children who travel in from local outlying villages. The school has an active PFSM (Parents and Friends of St. Mary's), which involves itself mostly in fund-raising and supporting the teachers.

POLICY FORMATION AND CONSULTATION PROCESS

A draft policy was introduced to staff during the Spring of 2008. The policy was adopted by the Governing Body during the early summer of 2008.

LEGAL REQUIREMENTS

The school considered the recommendations made by the School Meals Review Panel, published October 2006.

Under the 2004 Children's Act, schools are required to respond to the Every Child Matters Agenda.

Healthy Eating makes particular reference to the following objectives:

- ◆ Children and Young People are physically healthy
- ◆ Children and Young People are mentally and emotionally healthy
- ◆ Children and Young People live healthy lifestyles
- ◆ Children and Young People achieve stretching national educational standards at primary school
- ◆ Children and Young People achieve stretching national educational standards at secondary school
- ◆ Children and Young People engage in decision making and support the community and Environment

AIMS OF HEALTHY EATING

St. Mary's Primary school recognises that in order for pupils to achieve their full potential, there is an important connection between a healthy diet and a pupil's ability to learn effectively, resulting in improvements in concentration and behaviour. The school also recognises the role the school can play, as part of the wider community, to promote family health.

The school aims to:

- ◆ Improve the health of pupils and staff, and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues.
- ◆ Present consistent, informed messages about healthy eating within school through all school practices.
- ◆ Ensure the provision and consumption of food and drink is an enjoyable and safe experience for all and ensure pupils have easy access to water throughout the school day.
- ◆ The school will work towards these aims in partnership with the parents/carers, catering staff and health professionals.

Other school policies which have relevance to Healthy Eating are:

- ◆ PSHE and Citizenship
- ◆ DT/ Food Safety
- ◆ Science
- ◆ Behaviour/ Anti-bullying
- ◆ Special Educational Needs and
- ◆ Inclusion
- ◆ Children Looked After
- ◆ PE/ PEDPASS
- ◆ RE
- ◆ Drugs Education
- ◆ Health and Safety
- ◆ Equal Opportunities
- ◆ Teaching and learning
- ◆ Partnership
- ◆ Confidential

MORAL AND VALUES FRAMEWORK

The Healthy Eating element of the curriculum will reflect the school's over-arching aims, and demonstrate and encourage the following values:

- ◆ respect for self
- ◆ respect for others
- ◆ responsibility for their own actions
- ◆ responsibility for their family, friends, school and wider community

EQUAL OPPORTUNITIES STATEMENT

St. Mary's Primary School is committed towards equal opportunities in all aspects of school life. All resources used and teaching and learning will support this commitment.

CONTENT

The Healthy Eating programme will be revisited from year to year taking account of pupils development and the spiral curriculum concept. The content of the healthy eating education programme including learning outcomes, will be based on the recommended programme using 'Health for Life' as a framework.

ORGANISATION

Healthy Eating will be co-ordinated by the PSHE co-ordinator.

Delivery will be:

- ◆ as topics
- ◆ through planned aspects of PSHE, science, DT, geography and RE
- ◆ addressed occasionally in assembly time
- ◆ through special performances
- ◆ through pastoral time e.g. circle time, an opportunity to discuss the emotional links with food
- ◆ through story time
- ◆ through the Early Learning Goals
- ◆ through extra-curricular activities e.g. cookery clubs, gardening clubs
- ◆ through special projects e.g. healthy eating sessions, tasting sessions, competitions

SPECIFIC ISSUES

School Fruit and Vegetable Scheme

The school is fully involved in the School Fruit and Vegetable Scheme which provides every child aged 4 to 7 with a free piece of fruit.

School Meal Provision

School meal provision meets the government's new nutritional standards. Food is provided which meet

the ethnic, allergenic, vegetarian, religious and medical needs of staff and pupils.

Packed Lunches

Parents/carers are encouraged to provide healthy packed lunches for their children. Fizzy drinks, are not permitted in packed lunches and children are only allowed a piece of fruit or a vegetable as snacks. Healthy packed lunch suggestions are promoted on a regular basis through the school's newsletters. All packed lunches are stored away from direct sunlight. Pupils are encouraged to bring packed lunches in a cool bag.

Water Provision

All pupils have access to drinking water at all times, at a number of points around the school. Pupils are also encouraged to carry water with them and have water bottles in all lessons at all times.

Reward systems

All staff recognise the need for consistent messages about healthy eating within school. Sweets and chocolate are not used to reward good behaviour or work. See the schools rewards systems for details.

Teaching and Outside Agencies

At St. Mary's Primary School, SRE lessons will be taught by health professionals and class teachers. Outside agencies will also be used to support and assist the teachers in the development of the classroom based work. Lessons will only have a teaching input from any one other than the class teacher when there a clear enhancement that they can bring. In this incidence these sessions will be jointly planned and run jointly between teaching staff and visitors and the class teacher will be present. The schools procedures for working with external agencies and teaching and learning policy will be followed, including criminal record bureau checks.

DISSEMINATION OF THE POLICY

All staff members and governors will have access to this policy. Copies are available to view Via the school's intranet and a short summary of this policy will be included in the school prospectus. A copy of the policy is also available on the school web-site.

ASSESSMENT AND RECORDING

Teachers assess the children's work in Healthy Eating both by making informal judgements as they observe them during lessons. We have clear expectations of what the pupils will know, understand and be able to do at the end of each key stage.

MONITORING AND REVIEW

The PSHE co-ordinator is responsible for monitoring the standards of children's work and the quality of teaching. The co-ordinator supports colleagues in the teaching of Healthy Eating, by giving them information about current developments in the subject and by providing a strategic lead and direction for the subject in the school. The PSHE co-ordinator is also responsible for giving the Governors an annual summary report, evaluating strengths and areas for development in the subject.

The PSHE co-ordinator arranges visits to the school from any relevant representative from a partner organisation who is involved in supporting the PSHE provision.

REVIEW OF THE POLICY

Signature of Headteacher and Chair of Governors

_____ Headteacher

_____ Chair of Governors

Policy approved by Governing Body May 2008

The policy will be reviewed in September 2010