

Royton Hall Primary School



Healthy School Policy

Approved by: Headteacher

Last reviewed on: Spring 2023

Next review due by: Spring 2025

Introduction

We currently hold a Healthy Schools Bronze Award.

At Royton Hall Primary School we want to promote the health and well-being of the whole school community through all aspects of food and drink, physical activity and positive emotional health. All the principles within this policy apply to both adults and pupils. We believe that adults (staff, parents and carers should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.)

All members of the school community (teaching and non-teaching staff, parents, pupils, and governors) work towards the school aims.

Aims and objectives

To provide stimulating and exciting opportunities within the curriculum, to enhance pupils and staff knowledge of healthy eating and a balanced diet.

To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily accessed water supply during the school day.

To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.

To support parents, carers and staff so that they too can make healthy choices.

To help develop and practice social skills through eating together.

To provide a minimum of two hours structured physical activity each week to all of our pupils inside or outside of the school curriculum.

Curriculum

We regard healthy eating education as a whole school issue, and we ensure opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. Healthy eating education forms an important part of our school's curriculum. The importance of balanced and healthy food choices is taught through the Science, D.T. and PSHE curriculum. This is as well as encouraging children to partake in an active lifestyle through our PE curriculum.

All pupils have the opportunity to learn about safe food preparation and learn about where food has come from. Pupils also learn about the requirements for plant growth, the food chain and components of a healthy diet through the Science curriculum.

School meals service

We serve a selection of North West locally sourced seasonal produce within our menu cycle. A freshly prepared salad bar, jacket potatoes, wholemeal bread, seasonal fruits and organic yoghurts are available to accompany meals. Additionally, there is a sandwich selection available. The weekly menu is on the school's website and is also displayed at all entrances for parents. The Healthy Schools lead (HSC) monitors the quality of the meals on a regular basis and the children are given the opportunity to express their opinions and observations regarding school dinners through their class school council member. The dining room is well staffed with midday supervisors designated to each class allowing for familiarity and reassurance especially for younger children within school. Children are encouraged to develop good eating skills and table manners at lunch time and are given plenty of time to eat. Parents and carers will be informed if their child is not eating well. If necessary the class teacher and midday supervisor will liaise together to closely monitor and resolve the situation. No child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do try to encourage the children to try a little bit more if they can to ensure that they are not hungry later in the day.

Packed lunches

We encourage parents and carers to provide children with a balanced packed lunch. To assist them with this there is a leaflet outlining examples of healthy options in the school entrance and on the school website as well as reminders in our school newsletters to parents and carers that has been designed by our school council members. This provides guidelines and recommendations for ensuring that parents are able to give their children a varied and balanced packed lunch.

Similarly, to school meals, the Healthy Schools Leader will discuss the children's options and observations regarding healthy lunch boxes on a regular basis through surveys, class discussions and school council.

Please avoid fizzy drinks, sweets/confectionary etc.

Water

There is chilled water readily available to children located near to the classrooms. We encourage parents and carers to send children to school with a water bottle. These are kept in the children's classrooms. The children are given frequent opportunities to use them during the day as well as refilling them when necessary. The school office also has transparent water bottle available for parents/carers to purchase at a small price.

Water is also available to all at lunchtimes in the hall.

Special events

The school supports and participates in the Government's School Free Fruit and Vegetables Scheme for all children in Foundation Stage and Key Stage One which provides these children with a piece of fruit to eat every morning. Key Stage Two children are welcome to bring a healthy snack for break time as well as purchase some fruit or milk at breaktime and we have additional fruit available for Key Stage 2 pupils who require it.

Children in all key stages are made aware of other national initiatives such as '5 a day-live well scheme' and the 'Change 4 Life' campaign which also promotes healthy diet and lifestyles.

We recognise that healthy eating is also about balance and a sweet treat can form part of a balanced diet on occasion. Therefore, we may reward our 'learner of the week' and 'citizen of the week' with the choice of a small chocolate treat. This is likely to happen once or twice per year.

Inclusion and special needs

Equal opportunities and inclusion are fundamental aspects of the ethos of the school. We are committed to equal access and full inclusion through fair treatment for everyone. Children qualifying for free school meals are treated in exactly the same way at meal times as other children and all staff take care to ensure that they are not singled out.

Birthday treats

Whilst we understand that children wish to share their birthday with their class, sweets and other sugary foods are not brought into school for distribution. (This because it could happen up to 30 times in a given academic year). Other options therefore could be to buy a book for the classroom library or an educational gift for each child such as a pencil or rubber.

The role of the Healthy Schools Leader and Senior leaders

It is the responsibility of the HS lead to ensure that staff and parents are informed about the Healthy School policy, and the policy is implemented effectively. It is the leads role to ensure that staff are given sufficient training, so that they can teach effectively and feel supported.

The Healthy Schools lead will also:

- liaise with external agencies regarding the healthy eating education programme and ensure that all adults who work with children on these issues are aware of the school policy and work within this framework.
- monitor the teaching and learning about healthy eating.
- contribute to overseeing the content of the curriculum planning to ensure that all pupils have the opportunity to learn about healthy eating.

The school is aware that the primary role model in children's healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children at our school through mutual understanding, trust and cooperation.

In promoting this objective, we will:

- inform parents about the schools healthy eating policy practice.
- encourage parents to be involved in reviewing the school's policy and making modifications if necessary.
- inform parents about the best practice known with regard to healthy eating so that parents can support the key messages being given to children at school.

Monitoring and evaluation

The effective implementation of this policy will be monitored by the HS Leader, the headteacher and the governing body.

