

Healthy Eating Policy

This policy was adopted by the School Governing Body on

15th December 2021

Review Date: December 2022

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

Hazeldown 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, as a result of 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:

- RSHE
- DT/ Food Safety
- Science
- Behaviour/ Anti-bullying
- Special Educational Needs and Inclusion
- Looked After Children
- PE
- RE
- Drugs Education
- Health and Safety
- Equal Opportunities
- Teaching and learning

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

Hazeldown 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 National Curriculum requirements.

ORGANISATION

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

Delivery will be through our school RSHE program, SCARF, which has been developed by a leading children's charity, Coram Life Education.

It will also be taught:

- as topics
- through planned aspects of 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

(An outline of the full curriculum programme and scheme of work is included in Appendix A)

SPECIFIC ISSUES

School Fruit and Vegetable Scheme

The school is fully involved in the School Fruit and Vegetable Scheme which provides every child in Key Stage 1 with a free piece of fruit. In addition fruit is provided for all children opting-in to a scheme to purchase daily fruit from a local fruiterer.

Breakfast Club under consideration

The school provides a breakfast club which is run by a member of the catering staff with the support of the learning mentor. Fruit and vegetables are offered alongside healthy items such as cereal, milk, fruit juice, water and toast.

School Meal Provision

School meal provision meets the government's new nutritional standards. Food is provided which meet the ethnic, allergenic, vegetarian, vegan, pescatarian, religious and medical needs of staff and pupils.

Packed Lunches

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

Water Provision

All pupils have access to drinking water at all times.

Pupils have water bottles in all lessons at all times.

Bringing Food to School

The school does not permit any food to be brought to school with the intention of sharing of other pupils.

School Community Event e.g. PTA

Any PTA/ fundraising events involving the provision of food will sit within the healthy eating and Food Safety policy of the school.

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 Hazeldown School, healthy eating lessons will be taught by class teachers. Outside agencies will be used to support and assist the teachers in the development of the classroom based work. On rare occasions outside agencies may be involved in classroom based work as part of the developmental programme following discussions and negotiation. They will be required to work within the school's moral framework outlined earlier. 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 at all times. 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 receive a copy of this policy. The policy is available on the school's staff resources drive. 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 and by doing formal assessments of their work, measured against the specific learning objectives set out in the National Curriculum. 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 RSHE 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 RSHE co-ordinator is also responsible for giving the headteacher an annual summary report, evaluating strengths and areas for development in the subject. We allocate special time for our RSHE co-ordinator to enable him/her to fulfil this role by reviewing samples of children's work and visiting classes to observe teaching in the subject. The RSHE co-ordinator arranges visits to the school from any relevant representative from a partner organisation who is involved in supporting the RSHE provision.