



William Amory Primary School Healthy School Policy

Rationale

We want our children to be happy, healthy and to get the most out of life. We know that investing in children's health and wellbeing will help to raise their achievement levels and support them to do their best. We will therefore promote their physical, social, emotional and mental health so that they are equipped with the skills and attitudes they need to make informed decisions about their health. This policy also links to our ethos as a Rights Respecting School, in particular, Article 24 (health and health services): *Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy.*

Aims

- To promote health awareness
- To enable our children to make healthy choices through the provision of information and development of appropriate skills and attitudes.
- To support the development of our children's physical, social, emotional and mental health
- To provide high quality food in school to ensure that the school is setting the correct example.
- To provide healthy food choices throughout the school day.
- To improve the health of our school community by ensuring that we provide opportunities for food education and encourage healthy eating habits which are also friendly to the environment.

Healthy Eating

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They become mandatory in all maintained schools, and new academies and free schools from January 2015.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunches, tuck shops and after school clubs.

For more information please refer to: <https://www.gov.uk/government/publications/the-school-food-plan>

We will provide an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. We will ensure that we have a whole school approach where pupils receive consistent messages about healthy eating. We recognise the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school.

Our school supports the Change 4 Life campaign. We recognise the impact that food choices can have on levels of tooth decay and on children's long term health (eg. the risk of type 2 diabetes, heart disease and certain cancers in later life).

Break-time Snacks

All children in KS1 are entitled to one piece of fruit or vegetable per day via the Government school fruit and vegetable scheme. We have decided to extend this offer to children in KS2. Children may also choose to bring fruit from home for a snack. Following discussion with classes, led by the School Council,



the children agreed that break-time snacks should be fruit or vegetables to promote good learning during the rest of the day and snacks such as crisps or sweets are not allowed at break-time. Crisps may be eaten as part of a packed lunch; sweets may not be brought into school unless for a special occasion, such as sharing with the class on birthdays.

School Meals

School meals provided by an outside caterer meet the national school food-based standards. We will ask children and staff for feedback on the meals to ensure that they are of suitable quality. Universal free school meals are available for all children from Reception to Year 2.

Families are encouraged to apply for free school meals if they are eligible, to both support the family and increase uptake, and the school can support sensitively with this if needed.

Packed Lunches

Parents/carers are encouraged to provide healthy, well-balanced packed lunches that are in line with the national food-based standards. School will offer guidance by sharing guidance and promoting the principles of the Eat Well Plate.

Packed lunches would, ideally, include items such as:

- starchy foods – eg. bread, rice, potatoes, pasta
- protein foods – eg. meat, fish, eggs, beans
- a dairy item – eg. cheese or a yoghurt
- vegetables or salad and a portion of fruit
- a healthy drink such as water, milk or 100% fruit juice.

Children may also bring a small bag of crisps and/ or a chocolate coated biscuit or a cereal bar or small portion of cake. They are not allowed to bring fizzy drinks or sweets for lunch.

The school provides an area away from sources of heat to store packed lunches. However, as we do not have a cool area, parents/carers are encouraged to keep lunches refrigerated until taken to school and to use insulated cool bags and/or small ice packs.

Specific Dietary Requirements

We provide food in accordance with pupils' religious beliefs and cultural practices. We also offer a vegetarian option at lunch every day and can provide a vegan option.

We ensure that children with food allergies and intolerances and other types of medical diets receive appropriate foods to meet their needs. Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for medical diets are submitted according to an agreed process.

All staff are aware of children's dietary needs. If a child requires an epi-pen then this is kept in the child's classroom for easy access and there is also an epi-pen held centrally at the office for emergencies. Nuts are not included in any of the children's meals and we ask anyone bringing food into school not to include nuts.



Drinking water

The national nutritional standards and standards for healthy school lunches recommend that drinking water should be available to all pupils, every day, and free of charge. Our school provides a free supply of drinking water which is readily available. All children are encouraged to bring a named water bottle to school daily and to take it home daily to be washed. Water bottles are placed in an accessible location so that children can have access to them throughout the day.

Before/After School Club and Holiday Club

Healthy food options will also be offered for snacks and lunches at Before/After School/ Holiday Club. Food provision will comply with Food Standards. Children may bring their own healthy snacks and will be encouraged to bring a healthy lunch. Crisps and sweets will not be allowed at break-times.

Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage by incorporating teaching into subject areas such as Physical Development and Understanding the World in the EYFS, Design and Technology (D&T), Physical Education (PE) and Personal, Social and Health Education (PSHE) in Key Stage 1 and Key Stage 2.

We aim to give all children the opportunity to prepare/ cook food within the school environment so they can develop basic cooking and food hygiene skills and learn about healthy eating in an interactive and enjoyable way. We also aim to give children the opportunity to grow food so that they can learn more about how food is produced and improve their understanding of nutrition as well as learning about the environment and the effect we have on it. Where possible food waste such as apple cores, banana and orange skins, etc. will be composted for use in the school garden.

To enhance our curriculum, we are working in partnership with Time 4 Sport, to offer our children free fun Change 4 Life Healthy NHS Lifestyle Workshops; promoting to our children and families the importance of living a healthy lifestyle. As well as guidance on healthy eating, workshops also include fun physical activity sports sessions for all children with a focus on enhancing sports skills, improving fitness, and increasing self-esteem.

Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that refrigerators are used when necessary; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Food safety will be explored with pupils within the curriculum.

Physical Activity

We encourage all children to participate actively during PE lessons and we aim to provide at least 2 hours of physical activity per week. Additionally, we encourage children to be active at break and lunchtime and to join in with physical activity outside of the school day.

For more information, please see the PE policy.



PSHE

We give PSHE equal subject status to all other subjects, and it is at the heart of whole school priorities and initiatives. We have a relevant, planned, spiral curriculum for PSHE, including Drug Education, and for Relationships & Sex Education (RSE), which is current and up to date, in line with DfE requirements. It is timetabled and delivered in all year groups, ensuring themes are revisited developmentally.

We ensure that our curriculum fully supports children to be prepared for life in modern Britain effectively, including developing their understanding of the fundamental British values of democracy, the rule of law, individual liberty, tolerance, and respect as well as learning to accept, respect and appreciate diversity. We also ensure that children learn about safeguarding issues in a relevant, age-appropriate way, so that they have the knowledge to recognise inappropriate behaviour and situations, and develop the confidence to ask for help when needed.

For more information, please see the PSHE policy.

Social, Emotional and Mental Health

The skills, knowledge and understanding our children need to keep themselves and others physically and mentally healthy and safe are included as part of our PSHE curriculum programme. We will also follow the guidance issued by associations such as the PSHE Association to prepare us to teach about mental health and emotional health safely and sensitively.

Incorporating this into our curriculum at all stages is a good opportunity to promote children's wellbeing through the development of healthy coping strategies and an understanding of children's own emotions as well as those of other people. We will build into our curriculum opportunities to learn a variety of strategies which encourage good mental health and emotional wellbeing so that children learn how to keep themselves healthy and safe. We will work closely with parents to try to identify issues early, determine potential risks and provide early intervention to prevent issues escalating and avoid exclusion, involving outside agencies when appropriate.

For more information, please see the Mental Health and Wellbeing policy.

Monitoring and Review

This policy will be monitored by the PSHE subject leader.

Date of Policy: July 2023

Review date for the policy: July 2026