

Ashleigh Primary School and Nursery, Wymondham

*"We are all stars, Ashleigh makes us shine"*

## HEALTHY SCHOOLS POLICY

Persons Responsible - Headteacher

Date of Policy: June 2015

Next Review Due: June 2018

Adopted by Full Governing Body

Signed .....

Date .....

Chair of Governors

Review completed .....

Review completed .....

Review completed .....



## HEALTHY SCHOOLS POLICY

### Context

Ashleigh Infant School and Nursery is an average sized infant school serving its locality on the edge of Wymondham. The school has its own garden where classes throughout the year contribute to growing vegetables, salad and fruit. We have been awarded National Healthy Schools Status and the Active Sports Mark.

Ashleigh Infant School is committed to being a healthy school and to promote the health and wellbeing of the school community. As part of this we aim to help our pupils understand the consequences of, and to develop the skills to take responsibility for, the choices they make.

*"Year 2 pupils worked together very well in opportunities to 'grow, cook and share' vegetables to develop a secure knowledge of healthy eating. In 'Teatimers' after-school club, pupils often choose healthy food options." (To pupils): 'You behave well and are good at staying healthy. It is good that you help to grow, cook and share with each other your own vegetables.' Ofsted, February 2011*

### Aim

To ensure that all aspects of food and nutrition in the school help promote the health and well-being of the whole school community.

### Objectives

- To ensure that food provided across the school day is consistent with our aim and meets the new mandatory standards, covering all school food.
- To ensure that food and nutrition information, across the curriculum and in extra-curricular activities, is consistent and up-to-date.
- To ensure that the whole school community is involved in the implementation of this policy

### Food Provision across the school day

The food provided within school meets, or exceeds, the latest mandatory standards. Children at each Key Stage are encouraged to bring fruit, and KS1 participate in the School Fruit and Vegetable Scheme. No sweet snacks are consumed at break times.

### Healthy eating is promoted at the following times

- Treehouse Breakfast and After School Club
- Break times, when only fruit is eaten
- Water is always available throughout the day
- Milk is also provided for Nursery children

### **School lunches**

- A healthy school menu is provided on a daily basis; there is a wide choice of food that contributes to a balanced diet.
- There are always vegetables, salad and fruit available.
- Drinking water is provided.
- For children with allergies or specific dietary requirements a selection of healthy sandwiches can be provided throughout the week.

### **Packed lunches**

We have worked with children and families to encourage a well balanced packed lunch by working on healthier packed lunches as part of our food curriculum in 'Ourselves' topics. This healthy advice is reinforced as often as possible. Also the children participate on a yearly basis in a competition to design a healthy packed lunch.

We believe that, if packed lunches are brought to school, they should form part of children's well-balanced diets. To support parents we include information and ideas about the contents of these in newsletters. In our school brochure/ new parents' pack we include a packed lunch checklist for parents/carers to help them. We do not allow children to bring fizzy drinks, and we encourage every child to have at least 1 portion of fruit and 1 portion of vegetables each day.

### **Water**

Pupils are encouraged to drink water throughout the day and teachers act as role models. They are asked to bring named water bottles and encouraged to take them home daily and wash in hot soapy water. Each class has their own water cooler readily available where bottles can be refilled and plastic cups are provided for children who do not have a bottle. We do not allow the children to bring in flavoured water or squash.

### **Consistent messages**

Healthy food choices, drinking plenty of water and taking regular exercise are encouraged by all staff.

One-off occasions such as Christmas parties are not covered by the mandatory food standards, but we try to ensure that there are healthy options available eg: vegetable batons, selections of fruit and healthy sandwiches. We ensure that there are more healthy options available than unhealthy.

### **Teaching about food and nutrition**

The overall aim of our teaching about food and nutrition is to help children learn about and to enjoy food.

"The Balance Of Good Health Model / Eat Well Plate" as recommended by the Food Standards Agency is used as a basis to teach about healthy eating.

### **Within the formal curriculum-**

- Foundation Stage: Knowledge and understanding of the world.
- Science

- Design and Technology including cooking sessions
- Cross curricular work.
- PSHE

#### **Extra-curricular activities**

- Art and Nature club
- Cookery club
- Special events, such as Healthy Living Week, Science week.
- Participating in Norfolk's Food Festival
- Taking part in local and national initiatives eg Sainsbury's Taste Of Success Award, British Food Fortnight

#### **Inclusion**

We are aware and accommodate for children with particular dietary needs and are sensitive to children with specific issues (such as overweight children). Medical forms are updated each year or when a child's circumstances change to ensure that any children with food allergies are both safe and included.

#### **Partnerships with whom we work**

- School Food Trust
- Children's Food Trust
- School Council
- Health Professionals eg Dietician, School Health Advisor
- Parents and Carers
- School Governors