



HEALTHY SCHOOL POLICY

Reviewed: October 2023

Next Review: October 2026



AIM

To ensure that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors to our school.

OBJECTIVES

1. To ensure that information relating to food and nutrition in different areas of the curriculum is consistent and up-to-date.
2. To ensure that we promote activity through after school clubs and provide opportunities for children to be active during lunch and break times.
3. To encourage children to bring healthy snacks (fruit or vegetables) and in conjunction with relevant areas of the curriculum have themes days or weeks to promote healthy eating and drinking messages.
4. To promote healthy eating in different ways such as information to parents, food surveys, healthy snacks and hot lunches that follow the required guidelines.

GUIDELINES TO MEET OBJECTIVES

1. Sports funding is used to ensure quality specialist coaching for children during PE and after school. Premier Education also train staff in areas of PE where they need to develop.
 - An after school Multi Skills club is run by them every week throughout the year.
 - At lunch times, opportunities are provided for children (weather permitting) to play outside as soon as they have eaten.
 - The School Council have purchased, through their fundraising, containers to store outside games and have chosen a selection of indoor and outdoor games. The quality of this is reviewed by them termly.
 - Each day we have a morning break, where children are outside on the field or playground (weather permitting) and have once again access to games.
2. Annually we have a Healthy Schools week, where children are advised on all area of the Healthy Schools curriculum.
 - Sweets and chocolate confectionary are not accepted in school.
 - We encourage drinking water throughout the day – purchase of two fresh water fountains and water bottles are available from the office for £1.00.
 - We provide fruit in all classrooms for snack – excess fruit from Free Fruit Scheme KS1/Foundation is utilised in KS2. Children may also bring a fruit or vegetables snack only.
 - We promote healthy lunch boxes, rewarding children for healthy choices.
 - We operate a positive ethos in the dining room, where stickers are given for excellent choices, for example where children have tried new foods or agreed to try those they do not usually like.
 - Lunch time awards are given by supervisors for those who have behaved well and made good choices.
 - A reward scheme is also in place for Friday assembly, for those children who have co-operated well, in making healthy choices i.e. active play, healthy lunchbox, eating fruit and vegetables etc.
3. Required guidelines are followed in relation to hot school meals and curriculum requirements.
 - Discuss how food based topics are being taught with subject co-ordinators in Science and D&T.



- Parents are informed about initiatives relating to Health Schools.
- Hot lunches follow guidelines set out by the Ofsted School Food Plan and our provider follows Schools Food Standards.

MONITORING AND EVALUATION

1. Healthy School Co-ordinator will monitor provision and ensure that the school provides opportunities for children to develop skills and awareness in this area.

REFERENCES

1. This policy document was produced in consultation with the whole school community.
2. This school actively supports healthy eating and drinking throughout the school day.

This policy was drawn up using the guidelines in 'Establishing a whole school food policy'.