

New Ash Green Primary School.



'Together everyone achieves more.'

Healthy Schools Policy.

Introduction.

As a health promoting school, New Ash Green Primary is committed to encouraging and developing positive attitudes towards food and a healthy diet. As a school we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.

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.

New Ash Green Primary School was awarded Healthy School status in December 2006 and is committed to continuing to develop as a healthy school.

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 available 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 introduce and promote practices within the school to reinforce these aims and to remove or amend practices that negate them.

Implementation.

Curriculum.

We regard healthy eating education as a whole-school issue, and we ensure that 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 nutrition and healthy food choices are 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 to learn about where food has come from. Pupils also learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum.

School meals service.

The hot meals service is supplied by GSS catering services. The weekly menu is available on the school's website and is also displayed in the front entrance to parents. The menu offers a variety of healthy choices as well as the availability of salad and fresh fruit every day. GSS promote the use of fresh and locally sourced ingredients as well as organic and British free range products in their foods.

The Healthy Schools coordinator (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 the 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 MS then 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 actively encourage the children to "try a little bit more" if they can to ensure that they are not hungry later on 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 newsletters to parents and carers.

The HSC has recently designed a packed lunch policy which is also available on the school website for parents/carers. This provides guidelines and recommendations for ensuring that parents are able to give their child a varied and balanced packed lunch.

Similarly to school meals, the HSC will discuss the children's opinions and observations regarding healthy lunchboxes on a regular basis through surveys, class discussions and school council.

Water.

There is chilled water readily available to children located near to their 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 bottles available for parents/carers to purchase at a small price.

Special events.

The school supports and participates in the Government's School Free Fruit and Vegetables Scheme for all children in key stage one which provides these children with a piece of fruit to eat every morning at break.

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

Our school caterer GSS regularly promotes special food theme days each term. These try to encourage parents and carers to take advantage of the Government's free school meals scheme to children under seven. Also these theme days give key stage two children the opportunity to try a variety of new foods and eat a balanced diet.

New Ash Green Primary School is currently registered for Healthy Eating Week taking place in June this year. This will provide children with the opportunity to be actively involved in running healthy eating sessions, cooking activities, tasting new foods and exploring where food comes from.

Children in reception and year 1 classes have the opportunity to visit a farm during the spring term. This provides the children with fantastic opportunities to explore where our food comes from and how it grows.

We also have visitors such as drama groups who focus on issues such as drugs education and developing techniques to resist peer pressure and the school nurse and dentist who work with the children.

Recently our school was chosen to receive a grant from the government for a new kitchen to be built with work beginning in the summer. This is an exciting venture for the school as dinners will be able to be prepared on site and the kitchen will provide plenty of opportunities for the children to be involved in food preparation in the future.

Inclusion and special needs.

Equal opportunity and inclusion are fundamental aspects of the ethos of this 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. All staff take care to ensure that they are not singled out.

Children are encouraged to have a positive self-image through circle time and PSHE lessons. They are also taught to welcome diverse aspects of themselves and each other such as likes and dislikes towards different foods.

Parents and carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information is displayed in the staff room.

Staff ensure that all children in their class are fully aware of the dangers associated with food allergies, and the need to ensure that they do not put their classmates or others at risk through sharing foods that may cause allergic reactions.

Staff receive regular training on the medical needs of the children as necessary, e.g. use of an epipen.

The role of the HSC.

- It is the responsibility of the coordinator to ensure that staff and parents are informed about the healthy eating policy, and that the policy is implemented effectively.
- It is the coordinator's role to ensure that staff are given sufficient training, so that they can teach effectively and feel supported.
- The coordinator liaises with external agencies regarding the healthy eating education programme and ensures that all adults who work with children on these issues are aware of the school policy and work within this framework.
- The coordinator monitors teaching and learning about healthy eating. The coordinator oversees the content of the curriculum planning to ensure that all pupils have the opportunity to learn about healthy eating.
- The coordinator encourages positive role models amongst the staff by encouraging healthy options for staff 'treats' such as fruit.

The role of the parents.

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 school's healthy eating policy and practice.
- Encourage parents to be involved in reviewing the school policy and making modifications to it as 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 coordinator, the Headteacher and the governing body.
- The policy will be evaluated after 2 years through a survey of the views of the whole school community, particularly the views of pupils. This will take place through staff and class discussions, school council meetings and feedback from parents and carers.