

Learning for Ourselves, Respect, We Can



Healthy Schools Policy

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.

Article 24 You have a right to the best health possible and to medical care and to information that will help you to stay well. (Child speak)

Reviewer: Sarah Davy

Approved and ratified by Full Governors: 06.10.2021

Next review date: June 2024

Our vision

Through a positive, caring and nurturing environment, we provide all children with the opportunity to grow and develop. We embrace our whole school values “We can”, “Learning for ourselves” and “Respect” and ensure children are ready for their next steps.

Rationale

Lyndhurst Infant School recognises that a healthy school is one that is successful in helping children to do their best and build on their achievements. We encourage all children to lead a healthy balanced lifestyle through healthy eating and exercise. We promote a constant message of ‘Healthy body, healthy mind’.

We are committed to giving all our pupils consistent messages about all aspects of health and well-being. This will enable them to develop their understanding of behaviour and encourage them to take responsibility for their own actions.

The purpose of this policy is to inform all members of the school community the importance of promoting a healthy lifestyle through consistent messages across the school.

We aim to promote the Balance of Good Health and to promote sustainability through reduced packaging, responsible recycling and disposal of the waste produced by food and drink.

A healthy diet is defined as one where there is a balance of food and drink which provides the nutrients required in the right amounts.

Aims and objectives

Objectives: Lyndhurst Infant School will use a cross curricular approach to reinforce and broaden pupils learning of healthy eating. Our objectives are to:

1. Work closely and sensitively with families to advise them on how to promote a healthy lifestyle for their children.
2. Ensure that dining areas are attractive and well organised and that school lunchtimes contribute to children’s social development.
3. Provide a constant message on healthy eating across the curriculum that supports healthy living and well-being.
4. Give children practical opportunities of preparing food and learning about healthy eating, experiencing different sporting activities and understanding their feelings and emotions.
5. To increase children’s knowledge and understanding of the importance of water in their diets by asking all children to have water bottles each day.

6. To set out a consistent approach to provision throughout the school day.
7. To help children develop the skills and understanding to make healthy choices.

The Curriculum

Teaching about food and drink forms part of the curriculum in: Science / Design and Technology / PSHE / Topic work / PE / Literacy / RE.

Wherever possible, practical and active teaching and learning opportunities will be provided for pupils, in particular to develop skills in the preparation of food and in maintaining personal health. Lessons which use the creative learning opportunities of food and drink will also be developed across the curriculum.

When visitors, such as parents or specialist cooks, are involved in lessons about food and drink, they will work in accordance with this policy and always with a member of the teaching staff present.

Healthy Eating

School meals

School meals are provided by CHARTWELLS and follow the nutritional guidelines set out by the DfES. All FS and KS1 children are entitled to a free school meal.

Steps to excite and motivate pupils to try new foods are encouraged. Menus for hot lunches are sent home regularly to promote CHARTWELLS lunches.

The importance of pupils and staff having enough time to eat and digest lunch will be taken into account when planning the school day.

Special dietary needs

- Parents/carers are expected to inform schools of allergies and other diet related medical conditions. The school will support pupils with special dietary needs during the school day. All staff will be aware of children with severe allergies (displayed on medical board in staff room)
- All staff should have regular training of how to use an EpiPen.
- All staff should be aware of any religious beliefs of children.
- Children with special dietary requirements wear a lanyard into the school hall so that we can ensure that they receive the correct meal/food at lunchtime.

Packed lunches

- The school is committed to informing pupils and parents/carers about approaches to the preparation of a packed lunch that is balanced and healthy. The school will

identify areas for the eating of packed lunches where pupils can have easy access to drinking water or milk and facilities to dispose / recycle waste.

- Packed lunches should be stored in suitable places.

Snack time

- Snacks brought from home should be low in saturated fat, sugar and salt, preferably fruit or vegetables.
- Children in the FS and KS1 will be provided with a piece of fruit/vegetables on a daily basis.

Celebrations, treats and rewards

- The school recognises that food is often an important element of celebrations and will ensure that healthy options are available.
- Children can bring in sweets/chocolates/cakes on a special occasion e.g. celebration of birthdays that will be given out at the end of the day to be eaten at home.
- Teachers may give sweets/chocolates for special festivals such as Christmas or Easter.

Drinks

- Children are encouraged to bring in water bottles with water (no fizzy drinks allowed and we discourage squash).
- Children will have access to drinking water to refill their water bottles.
- Children aged 4 are provided with free milk. Children aged 5 or above can pay to have milk.
- Staff have access to a water cooler in the staffroom.

The school recognises the contribution that the consumption of sufficient water makes to learning, positive behaviour and health. The school will meet its legal requirement to make clean, palatable water available to all pupils and staff throughout the school day.

Dining environment

- The school aims that all eating environments are welcoming and encourage the positive social interaction of pupils and staff. The school will specify areas for eating meals and will ensure all such areas have easy access to drinking water or milk and facilities to dispose of / recycle waste.
- The dining environment will be well organised and clean and cleared after.
- Rubbish will be recycled.

Breakfast club

- Opens at 7:45am till 8:50am.

- It is £4.00 per session although reduced for families receiving financial support. Sometimes free places are offered to Pupil Premium pupils in a bid to increase their attendance figures.
- Healthy cereals are provided.
- Toast is provided with marmite, jam or honey.
- Hot chocolate, milk, water fresh juice is on offer-no squash.
- Food allergies are recorded on a form visual for all staff running the club.
- Staff have all been trained in food and hygiene.
- Staff have all been trained in first aid.

Sports and Exercise

As part of our commitment to healthy living we provide a range of opportunities throughout the school week for children to be active (see our PE policy and Sports funding information). These could be through PE lessons, specialist sport coaches, Jump Start Jonny, outdoor areas and active playtimes. In addition we participate in locality sports competitions and events and have annual Sports days for each Year Group.

As a Quality Start Platinum plus award school we ensure that a large percentage of our children (and disadvantaged children) participate in after school sporting clubs. We aim for children to understand the importance of exercise, the effects on their bodies and to develop a positive and healthy attitude towards their life.

Sports Funding

- The school receives a Sports Funding budget to spend on initiatives that aim to improve the physical education (PE) provision in school.
- At Lyndhurst we have used some of this budget on external Sports coaches who teach high quality sports lessons across the school. This is an opportunity for the children to experience different sports (eg, Golf, tennis, street dance) as well as a professional development opportunity for the class teacher who joins the lesson.
- In addition to the coaching in school we endeavour to enter into locality events and competitions in a variety of sports, allowing different children to have targeted coaching in school and the experience of a variety of competitive sports events. These include Dance time, Mo Farah run, athletics and gymnastics competitions.

Mental Health

We understand the importance of a healthy mind and have taken steps to support this within the school. We have employed a Family Engagement Support Officer and run Play Therapy sessions and Feelings Groups (see SEN policy for more information). We work closely with outside agencies to support children and their families.

We use the Jigsaw scheme (see PSHE policy) as a mindful approach to teaching our children about relationships and their emotional well-being.

Assemblies are used to teach the children about growth mindset and neuroscience to support their self-esteem.

The head teacher, SENCO and Family Engagement Support Officer are trained as mental health first aiders.

Extended school and social activities

The school will endeavour to ensure that all school social events and school clubs operate consistently within the objectives of this policy.

Partnership with parents

The school will work actively with parents / carers around food and diet. This will include:

- Menu consultation and tasting of school dinners;
- Information about a balanced and healthy packed lunch
- Jump Start Jonny website link shared to encourage families to participate in exercise at home.
- Family Engagement Support Officer

School events

All events will aim to take place consistently with this policy.

Professional development

All school staff and governors will have access to opportunities for CPD to support the implementation of this policy. All staff have two annual meetings to discuss their professional development.

Health and safety

All food preparation will adhere to the school's health and safety policy and be carried out according to good food hygiene and preparation standards. Health and safety remains the responsibility of all staff. Wherever possible, food preparation will be carried out in designated areas in the school.

The school's risk assessment procedures will include consideration of food hygiene. Parents/ carers should notify the school in writing of any special medical dietary needs and the school will work in the best interests of the child.

Food preparation/food hygiene

The school holds a list of members of staff who have received a Level 1 certificate in Food hygiene and those who have received Level 2 in Food safety.

Monitoring and Review

The monitoring of this policy will be the responsibility of the Head. Progress with healthy eating part of healthy school developments will be monitored as part of school improvement planning. It will be monitored through:

- Hot meal provision
- Lunchboxes-communication with parents regarding a healthy meal.
- TA's interacting with children on a daily basis regarding what they are eating and why it is important to have a healthy balanced meal.
- School nurse and other outside agencies

This policy will be subject to a formal review every three years or sooner if significant changes occur.