

HALBERTON & UPLOWMAN FEDERATION HEALTHY EATING POLICY

Background Information

Halberton and Uplowman Primary Schools are community primary schools for girls and boys aged 4-11. Each school has an average of 70 children on roll who come from both single and dual parent families. In each school there are a few children identified with special educational needs. There is a wide social mix and very varied family backgrounds. Both schools serve a small rural village and also has pupils who travel in from local outlying villages. Each school has an active HPSA and PTFA respectively, which involves itself mostly in fund-raising and supporting the teachers and the children.

Legal Requirements

Under the 2004 children's act schools are required to respond to the Every Child Matters Agenda. Healthy Eating makes particular reference to the following objectives:-

- Children and young people are physically healthy.
- Children and young people are mentally and emotionally healthy.
- Children and young people live healthy lifestyles.
- Children and young people achieve challenging national educational standards at primary school.
- Children and young people achieve challenging national educational standards at secondary school.
- Children and young people engage in decision making and support the community and environment.

Aims of Healthy Eating

The federation recognises that in order for pupils to achieve their full potential, there is an important connection between a healthy diet and a pupil's ability to learn effectively, as a result of improvements in concentration and behaviour. The federation also recognises the role the school can play, as part of the wider community, to promote family health.

The federation aims to:-

- Improve the health of pupils and staff, and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues.
- Present consistent, informed messages about healthy eating within school through all school practices.
- Ensure the provision and consumption of food and drink is an enjoyable and safe experience for all and ensure pupils have easy access to water throughout the school day.

The federation will work towards these aims in partnership with the parents/carers, catering staff and health professionals.

Other school policies which have relevance to Healthy Eating are:-

PSHE and citizenship	RE
DT/Science	Drugs Education
Science	Health and Safety
Behaviour/Anti-bullying	Equal Opportunities
Special Education Needs/Inclusion	Teaching and Learning
Children Looked After	Partnership
PEDPASS	Confidential

Moral and Values Framework

The Healthy Eating element of the curriculum will reflect the federation's over-arching aims, and demonstrate and encourage the following values:-

- Respect for self.
- Respect for others.
- Responsibility for their own actions.
- Responsibility for their family, friends, school and wider community.

Equal Opportunities Statement

Halberton & Uplowman Federation is committed towards equal opportunities in all aspects of school life. All resources used and teaching and learning will support this commitment.

Content

The Healthy Eating Programme will be revisited from year to year taking account of pupils' development and the spiral curriculum concept. The content of the healthy eating education programme including learning outcomes, will be based on the recommended programme using "Health for Life" as a framework.

Organisation

Healthy Eating will be co-ordinated by the Health and Wellbeing Team.

Delivery will be:-

- As topics.
- Through planned aspects of PSHE, science, DT, Geography and RE.
- Addressed occasionally in assembly time.
- Through special performances.
- Through pastoral time e.g. circle time, an opportunity to discuss the emotional links with food.
- Through story time.
- Through the Early Learning Goals.
- Through extra-curricular activities, gardening clubs/after-school clubs.
- Through special projects e.g. healthy eating sessions, tasting sessions, competitions.

Specific Issues

School Fruit and Vegetable Scheme

The school is fully involved in the School Fruit and Vegetable Scheme which provides every child aged 4 to 6 with a free piece of fruit.

School Meal Provision

School meal provision meets the government's new nutritional standards. Food is provided which meet the ethnic, allergenic, vegetarian, religious and medical needs of staff and pupils. KS1 children are entitled to Free School Meals.

Packed Lunches

Parents/carers are encouraged to provide healthy packed lunches for their children. Fizzy drinks, chocolate and sweets are not permitted in packed lunches or as snacks. Healthy packed lunch suggestions are promoted on a regular basis through the school's newsletters. All packed lunches are stored away from direct sunlight at a cool temperature. Pupils are encouraged to bring packed lunches in a cool bag.

Water Provision

All pupils have access to drinking water at all times, at a number of points around the school. Pupils are also encouraged to carry water with them and have water bottles in all lessons at all times.

Bringing Food to School

Following consultation with parents, they have agreed that they wish food to be brought into school for social functions. A letter will be issued advising parents who do not wish their child to partake of food brought into school to provide their own packed tea. Parents are to sign that they agree to their child's food being brought onto the school site in this way. Advice will also be included on the preparation and storage of food. In addition they will be reminded **not to include nuts** to avoid any risks to children.

Growing Schools Scheme

The pupils are encouraged to grow their own produce which may be used in the practical food sessions. Compost is produced from the Fruit and Vegetable Scheme waste.

Reward Systems

All staff recognise the need for consistent messages about healthy eating within each school. Sweets and chocolate are not used to reward good behaviour or work. See the schools rewards systems for details.

Teaching and Outside Agencies

Outside agencies will be used to support and assist the teachers in the development of the classroom based work. On rare occasions outside agencies may be involved in classroom based work as part of the developmental programme following discussions and negotiation. They will be required to work within the federation's moral framework outlined earlier. Lessons will only have a teaching input from anyone other than the class teacher when it is clear they enhance the teaching. At such times these sessions will be jointly planned and run jointly between teaching staff and visitors and the class teacher will be present at all times. The federation's procedures for working with external agencies and teaching and learning policy will be followed, including disclosure and barring checks.

Dissemination of the Policy

All staff members and governors will receive a copy of this policy. A copy will be available to view at the Administrator's office upon request, and a short summary of this policy will be included in the each school's prospectus, when printed next.

Assessment and Recording

Teachers assess the children's work in Healthy Eating both by making informal judgements as they observe them during lessons and by doing formal assessments of their work, measured against the specific learning objectives set out in the National Curriculum. We have clear expectations of what the pupils will know, understand and be able to do at the end of each key stage.

Monitoring and Review

The Health and Wellbeing Team are responsible for monitoring the standards of children's work and the quality of teaching. The team support colleagues in the teaching of Healthy Eating, by giving them information about current developments in the subject and by providing a strategic lead and direction for the subject in the school. (The HT and also the Health and Wellbeing Team, is responsible for evaluating strengths and areas for development in the subject by reviewing samples of children's work and visiting classes to observe teaching in the subject.)

The Health and Wellbeing Team arrange visits to the school from any relevant representative from a partner organisation who is involved in supporting the PSHE provision

The Policy

Presented to Curriculum Committee Chair of Curriculum

Ratified by Full Governors Chair of Governors

Date of next review: January 2019