

Christchurch Primary School



Healthy School Policy

Date ratified by Governors:	Autumn Term 2022
Date to be reviewed:	Autumn Term 2023

Introduction

The educational mission is to improve the health of the school community by teaching young people and their families ways to establish and maintain, life-long healthy and environmentally sustainable eating habits. This can be accomplished through a consistent and whole school, cross curricular approach to all aspects of food in our school. This will include activities such as cooking and growing food, together with food served in schools.

Christchurch Primary School is committed to the aims of the **Healthy Schools Scheme** and to promoting the health and well-being of all in its school community.

This policy document sets out the school's aims; objectives; how we aim to achieve the objectives through curriculum, environment and community; implementation and monitoring. This policy will be reviewed at regular intervals and updated as necessary by the in-school Healthy Schools Co-ordinator.

Aim of Policy

- To improve the health and fitness of the whole school by equipping pupils with ways to establish and maintain healthy eating habits and lifestyles, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To promote education to raise awareness of issues around food in relation to Sustainable Development and Global Citizenship
- To promote nutrition education within the taught curriculum, and whole school provision and practices, e.g. extra curricular activities, visitors, out of school provision etc.
- To provide a safe and enjoyable environment in which food is served and eaten.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

Objectives

- To involve the whole school community including
 - Governors
 - School management
 - Teachers and associate staff
 - Pupils
 - Parents
 - Food providers
 - Out of School Hours Provision
 - The school's wider community in promoting health and fitness and in the implementation of this policy.
- To integrate these aims into all aspects of school life, in particular:
 - Food provision within the school
 - The curriculum
 - Pastoral and social activities
- To develop a positive attitude to health and to promote the physical, mental and emotional well-being of all our children through the healthy ethos of our school.
- To give our pupils the skills, knowledge and understanding that they need to make healthy choices.
- To involve the children in the decision making process relating to issues linked to food and fitness.
- To ensure all that all food and drink provision is in line with the guidance as set out in Appetite for Life.

Curriculum

We will review and monitor the delivery of the curriculum and highlight opportunities for food education, to ensure that it offers pupils a cross curricular and consistent approach. This should include:

- An understanding of the relationship between food and health.
- A cross-curricular approach to food and fitness through our Curriculum for Christchurch.
- Practical and enjoyable cooking skills and a good understanding of hygiene and why it is important.
- Opportunities to learn about the growing and farming of food and its impact on the environment both in the classroom and outside in the countryside.
- A well planned Health and Well-being curriculum to include health-related exercise and to make good use of opportunities for cross-curricular promotion of physical activity and its relationship to diet and nutrition.
- An understanding that food comes from all over the world and this has an impact on choice and on the environment.

In the delivery of the curriculum, a variety of strategies will be used including:

- Collective Worship – focusing on the whole school food and fitness issues to encourage consistent messages through our 12 values.
- Circle time/Restorative Practice – focusing on children's feelings linked to food and fitness.
- Health week – To promote specific topical areas relating to food and fitness in whole school health weeks where all children carry out age related activities to the focus of the week.
- Visitors – To use visitors where possible to aid children's learning about food and fitness.

Environment

We will ensure that our school environment promotes a healthy school which is stimulating and attractive, and where children feel safe, secure and supported.

- **Dining areas**

- The school is aiming to provide a welcoming eating environment that encourages a positive social experience for all children.
- The dining area provides an attractive menu of the food options available to all pupils.
- Pupils and staff will be consulted on the following issues:
 - Dining area - is it safe, pleasant, comfortable, attractive and clean?
 - Are there sufficient dining room supervisors? Are they trained to provide advice on food choices / hygiene?
 - Dining arrangements?
 - How can we ensure pupils have sufficient time to eat?
 - How do we foster good manners and respect for fellow students?
 - Are facilities for washing hands adequate?
 - Are there sufficient litter bins and facilities for waste food? Are they emptied regularly?
 - Is waste disposed of in a sustainable manner?

- **Displays**

- Displays should be attractive and bright, an educational message should be used to promote the healthy ethos of the school.

- **Consideration should be given to:**

- Snack time
- Drink provision
- Packed lunches

- **Hygiene Routines**

Consideration needs to be given to hygiene practices in line with 'Teach Germs a Lesson'. (Primary) and WAG guidance in Secondaries.

- After School Clubs – Sports Club

Christchurch Primary School promotes food and fitness in a variety of extra curricular activities.

Children have opportunities to participate in sports club and a range of sporting activities.

- Christchurch Primary School promotes a non-smoking environment inside and outside school.

Community

Within its broad purpose of 'education for life', Christchurch Primary School will seek to:

- Provide Sports days – PTA

-Christchurch Primary School encourages healthy snacks at Sport's Day where children are given water.

- Provide Community events

A Christmas fayre and Summer Fayre is held annually jointly with the school and the local community. Competitions are held encouraging children to look after produce and purchase a range of items.

- Parents

Christchurch Primary School encourages strong and positive partnerships with parents.

Parents, carers and pupils must be regularly updated on food policies and initiatives through school newsletters, and consulted on a regular basis.

We value the opinions and suggestions of pupils and parents.

- Outside agencies

Christchurch Primary School uses a variety of outside agencies in promoting food and fitness for example specialist sports people including **Tescos, Design to smile, Fish is the Dish and Eco Club.**

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Implementation and Monitoring

- The Head Teacher and Healthy Schools co-ordinator will monitor the coverage of Food and Fitness in the curriculum and in the environment.
- Progress will be monitored at regular intervals by all stakeholders through the working party.
- To monitor and implement national and local initiatives as and when they arise.
- To complete Healthy School Action Plans and Evaluation Forms as part of the Healthy Schools Scheme.
- The Head Teacher and Healthy Schools co-ordinator are to ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the school Food and Fitness Policy.

The Role of the In-School Healthy Schools Co-ordinator and Working Party

The Healthy Schools Co-ordinator will facilitate Food and Fitness in the following ways:

- By updating the Policy
- By reviewing curriculum ideas related to food and fitness
- To liaise with H&WB. co-ordinator relating to fitness.
- By co-ordinating focus food and fitness weeks.
- By co-ordinating and/or providing INSET
- To keep staff informed of new developments
- By providing support to enable staff in the delivery of the aims and objectives of the school Food and Fitness Policy.

Inclusion

All pupils, regardless of race, gender, culture or disability shall have the opportunities to develop their knowledge and understanding of being healthy in relation to food and fitness. The school will promote equal opportunities.

Provision for Special Educational Needs

Educating children about being healthy forms part of our school policy to provide a broad and balanced education for all children. Our teachers provide learning opportunities that are matched to the needs of children with learning difficulties. All children will be included in all activities related to food and fitness and teachers will differentiate activities to fit the needs of the children.

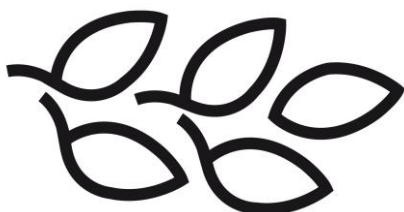
Health and safety

Health and safety issues are related very much to cookery completed in lessons. Children should be taught to use items of protective clothing as appropriate and be encouraged to develop safe and tidy work practices. Children should be taught about hygiene and how to use equipment safely and for their purpose. Teachers and pupils should be aware of potentially hazardous materials and tools in relation to their storage and use.

Visitors outside agencies and volunteers used to support and enhance the PSE curriculum.

They will also be made aware of all relevant School Policies e.g. Health and Safety, Equal Opportunities.

Welsh Network of Healthy School Schemes



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru

