

# *Stepney Primary School*



*A Small School With Great Expectations*

## **Healthy Eating Policy**

At Stepney' raising the achievement and basic skills of pupils and ensuring that they reach their full potential is the responsibility of all staff

## 1. HEALTHY EATING POLICY

At Stepney we believe that proper nutrition and fluid intake are essential to all members of our school community for them to fulfil their potential. In addition to the benefits of proper nutrition on good health, we also recognise that a good diet is essential for effective teaching and learning within school. As a school we have a key role in establishing and maintaining lifelong healthy eating and drinking habits.

## 2. AIMS

At Stepney, we aim to:

- Give every child the support they need to 'Be Healthy' (Every Child Matters);
- To ensure healthier food and drink options are available and promoted lunchtimes (including packed lunches, rewards) and in breakfast clubs;
- To provide easy access to free, clean and palatable drinking water through water fountains and water bottles;
- To reinforce appropriate messages relating to food and drink;
- To ensure a co-ordinated approach to food and drink throughout the school/school day to increase the availability of healthier options;
- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues especially healthy, balanced diets, '5 a day' etc
- To make the provision and consumption of food an enjoyable experience;
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them;
- To ensure that the food provided in schools is in line with national and local guidelines and regulations.

## 2. POLICY IMPLEMENTATION

We will ensure that

- Within a well planned curriculum, the children will learn about different types of food in the context of a well balanced diet. The curriculum will include teaching/learning about: the benefits of a healthy diet; the need to limit foods high in salt, sugar and fat; the need to increase the consumption of fruit and vegetables (5 a day); how to plan a healthy lunchbox;
- Healthy eating ideals will be a priority on the Healthy Schools programme;
- Healthy Eating Week will promote these ideas;
- Healthy eating will be part of school exhibitions in the summer term, working with parents;
- Food and drink provided within school will be as follows:

### 2.1 Healthy breakfast available to all children 8am onwards

There is a choice of cereal, toast, juice and milk available.

## **2.2 Healthy snacks/water**

**FS1 & FS2** – children in the Foundation unit have a snack time which provides them with fruit and milk/water. They are able to have water throughout the day.

**KS1** children have fruit once a day provided by the School Fruit and Vegetable Scheme.

Water is available all day through water fountains and water bottles in classrooms.

## **2.3 Healthy dinners**

Meals are provided by Bricknell's Kitchen on behalf of Hull City Council and correspond to healthier dinner initiatives within the LA. The Local Authority charges for school meals unless parents/carers can claim exemptions. Details will be sent out explaining how people can qualify for these. Individual dietary needs are catered for e.g. vegetarian diets. Children are encouraged to drink juice or water with their meal.

Children who bring a packed lunch are not allowed to bring sweets and need to bring a healthy, balanced packed lunch. Other considerations include:

- To celebrate their birthday or special occasion children are permitted to bring in a cake or sweets to share with their class. Cakes are eaten at the end of the school day and sweets are given out to be sent home. It is the responsibility of the class teacher to ensure that food allergies are taken into account and to seek parental consent where necessary;
- Parents and children are asked not to send sweets into school for snacks or packed lunch, only as part of celebrations (see above);
- Additional activities e.g. Healthy Eating week will be used to enrich the curriculum regarding healthy eating. These may take the form of a whole school initiative or may involve individual classes;
- Children are given the opportunity to share and discuss their views through their School Councillor as well as class discussions.

## **3. PLANNING ASSESSMENT**

Healthy Eating is planned for and assessed as an as part of other subjects e.g. Science/D&T/PSHCE.

## **4. WORKING WITH PARENTS AND THE WIDER COMMUNITY**

All policies are available for parents (please ask at the Reception). Parents will be informed of Healthy Eating provision within school, including menus for the week (these are published in our weekly newsletter, which is distributed on a Friday afternoon and available via our website as well). During the school year, parents will be invited to the usual exhibitions that will include some activities that have a healthy eating focus.

## 5. AVAILABLE RESOURCES

The following resources are available to support teaching and learning about healthy eating:

- Cookery equipment e.g. chopping boards/utensils etc
- Science resource boxes about the human body/teeth
- Books including: healthy eating; the body; healthy recipes and food from different cultures
- Resources to support health curriculum

Consumable resources will be purchased by staff as and when necessary and refunded by the school on production of a receipt.

## 6. EQUAL OPPORTUNITIES AND INCLUSION

At Stepney we believe in equal opportunities for all pupils, whatever their age, gender, ethnicity, attainment and background. In addition to the tracking of every pupil's progress during the year, staff will pay particular attention to the achievement and attainment of:

- Boys/girls;
  - Minority and ethnic faith groups, travellers, refugees and asylum seekers;
  - Pupils who have English as an Additional Language (EAL);
  - Pupils with Special Educational Needs (SEN);
  - Able, Gifted and Talented pupils (AGT);
  - Children 'looked after' by the local authority;
  - Other children, such as sick children and those from families under stress;
  - Pupils at risk of disaffection and exclusion;
- to ensure that these pupils are effectively included in all subjects and are showing good and above progress.

Co-ordinators for Assessment, Special Needs, EAL & Traveller Education children will specifically monitor attainment and achievement of these pupils.

## 7. ROLES AND RESPONSIBILITIES

### 7.1 The Head teacher will:

- Set high expectations and exercise effective overall management responsibility for healthy eating provision throughout the school;
- Encourage a whole school approach, keeping parents, governors and support staff well informed of children's learning and experiences within this area;
- Support individual teachers;
- Regularly review and monitor the provision of teaching and learning in this area;

### 7.2 Governors will:

- Support the headteacher in exercising effective overall management responsibility for healthy eating teaching/learning;
- Monitor and review children's learning and experiences within this area;.

- Monitor outcomes in developing and understanding the strengths and weaknesses of the school.

### **7.3 The Healthy Schools Co-ordinator:**

The current Healthy Schools Co-ordinator, who has explicit responsibility for assessment standards and procedures is Mrs S Stimpson. The Co-ordinator will:

- Lead by example showing a thorough understanding of assessment and reporting procedures;
- Provide any assessment test material and resources to record assessments (This may be in conjunction with programmes delivered or monitored by the school nurse and/or university research students);
- Offer support to teachers in planning, teaching with a view to assessment;
- Work alongside the head teacher to monitor and evaluate teaching of healthy eating related themes, assessment and progress;
- Identify INSET needs, plan and deliver INSET;
- With the governors and the head teacher, identify needs and set targets for improvement;
- Identify areas of weaknesses.
- In conjunction with the SENCO, EAL & Traveller Ed. coordinators, monitor progress of target (ISP) children, SEN children, traveller ed children, EAL children and the difference between boys and girls.

### **7.4 Teachers will:**

- Have a good understanding of the school's healthy eating agenda;
- Be good role models for promoting healthy eating e.g. joining in with snack time
- Ensure that their medium and short term plans address various aspects of healthy eating as mentioned in 'Implementation' as appropriate for their class
- Have day-to-day responsibility for implementing the policy;
- Participate in staff development activities related to healthy eating;
- Plan activities for healthy eating week and exhibitions.

## **8. PUBLIC SECTOR EQUALITY DUTY**

Please note: When we have updated policies from April 2012 onwards, we have referred to the requirements of the PSED, which state that as part of their statutory duties, schools need to comply with this by 6<sup>th</sup> April 2012.

The Equality Act 2010 replaced and unified all existing equality legislation such as the Race Relations Act, Disability Discrimination Act and Sex Discrimination Act. It aims to ensure that people have equality of opportunity in accessing and experiencing public services. Schools when carrying out their day to day work should have regard to the following:

- eliminating discrimination
- advancing equality of opportunity and
- foster good relations across all characteristics

Schools cannot unlawfully discriminate against pupils because of their disability, gender, race, religion or belief, sex and sexual orientation. Protection is now extended to pupils who are pregnant or undergoing gender reassignment. This means it is now unlawful to discriminate against a transgender pupil or a pupil who is pregnant or recently had a baby.

This policy was reviewed and updated with reference to this duty. The author/s of this document and the Policy Committee of the Governing Body, which checks all policies before publication, considered this policy in the light of these requirements to ensure that Stepney Primary School adheres to these statutory regulations.

PBrowning  
Head Teacher (April 2012)

## **9. NAMED PERSON**

In addition to the Healthy Schools Co-ordinator the named member of the Senior Leadership Team with responsibility for oversight of Healthy Eating provision within school is Mrs R Brocklebank.

The was updated by Mrs S Stimpson (Spring 2016) and will be next reviewed in Spring 2019.