

Fair Hill Primary's Healthy School Policy

Introduction

In Fair Hill Primary we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

We have used the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our school:

How well are we doing?

How well should we be doing?

What more should we aim to achieve?

What must we do to make it happen?

What action should we take and how do we review progress?

Rationale

Fair Hill Primary is a health promoting school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment that supports a healthy lifestyle, linked into being an ECO school.

Aims and Objectives

- § To ensure that we are giving consistent messages about food and health
- § To give our pupils the information they need to make healthy choices
- § To promote health awareness
- § To contribute to the healthy physical development of all members of our school community
- § To encourage all children to take part in the '5 a day' campaign

Settings for Healthy School Policy

(We do not use vending machines in Fair Hill Primary. Currently we do not run a tuck shop, but if we decide to do so in the future, the Healthy School Policy will be applied to all items sold).

Snack

All our pupils are given the opportunity to purchase milk, which is ordered on a monthly basis. All N-P3 classes provide drinking water throughout the day. Nursery provides a daily healthy snack keeping in line with the Health Promoting Schools Agency. P1-P3 classes have a break time snack of cut and washed fruit prepared by the pupils and classroom assistants. Crackers and cheese are offered on a Monday.

Children who do not take school fruit break are encouraged to bring a healthy snack. Children are given the responsibility of helping to clear away.

P4-P7 children are encouraged to bring fresh or dried fruit or raw vegetables, which they eat at break time. The canteen also runs a healthy break project with a selection of breads and fruit.

School lunches and packed lunches

All our school meals are provided from a central kitchen. Where possible, meals include the use of fresh vegetables each day. A salad bar is available to the children every day. Fresh fruit, yoghurt, water and milk are available daily.

Many children bring a packed lunch to school. Parents are given guidelines as to what is appropriate to include in these.

Food and safety

Fair Hill is a "NUT FREE" zone. We have several children who have severe allergies that could lead to anaphylactic shock, if nuts are ingested or even handled in some instances. Parents are asked not to provide buns or cakes for birthdays as this is too much of a risk.

Water for all

Water is available throughout the school day to all members of the school community. Children will provide a water bottle in which to store their water. Children may drink only water during class. Water is also drunk at snack and lunch times. Sugar free diluted type fruit juices are permitted at lunchtime only. Fizzy drinks are not permitted at any time.

Food across the Curriculum

From Nursery to KS2 there are opportunities for pupils to develop knowledge and understanding of healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

The World Around Us provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise. It also provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income, linking to the global aspect of Eco schools. It enables an insight into changes in diet and food over time.

ICT can afford pupils the opportunity to research food issues using the Internet and other electronic resources. Pupils design posters to promote healthy lifestyles.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dancing and walking.

PDMU encourages children to take responsibility for their own health and well-being and teaches them how to develop a healthy lifestyle.

School visits provide pupils with activities to enhance their knowledge about the food we eat and their own physical development e.g. to swimming pool (P5-P7) and Tesco's Farm to Fork programme (P4 & P5).

Extra-curricular activities to develop and support a healthy lifestyle and well-being of children within the school include:

Class	Activities offered
P1	Dance, Football
P2	Dance, Football
P3	Dance, Football
P4	Dance, Football, netball, hockey, cookery, ECO
P5	Dance, Football, netball, hockey, cookery, ECO
P6	Dance, Football, netball, hockey, cross-country running, cookery, ECO
P7	Dance, Football, netball, hockey, cross-country running, cookery, ECO

Outside Agencies Involvement

Nursery-P7- Cancer Focus and Action Cancer programme

P4 and P5 – Tesco's Farm to Fork initiative

P1 and P2 - ACE team Fit for Life programme

P3 and P4 – ACE team Healthy Eating programme

Public Health Agency- Guidelines to parents on healthy snacks and lunchboxes

Partnership with Parents

The partnership of home and school is critical in shaping how children behave, particularly where health is concerned. Each must reinforce the other.

Parents are regularly updated on our healthy break policy and the fact that our school meals meet the statutory nutritional requirements. A 'Smart Snacks for Smart Kids' leaflet is sent home at the start of the school year. We ask parents not to send in fizzy drinks and we recommend that only water may be drunk during the school day.

The policy is voluntary but throughout the year we help parents to make important decisions about the type of healthy options for their child's break and lunchbox.

Role of the Governors

Governors monitor and check that the school policy is upheld.

Monitoring and Review

This policy will be reviewed annually by the PD&MU Coordinator and team to take account of new developments.

Review date Oct 2017

Policy redrafting timescale

August 2016	Update whole school Healthy Eating policy
24/08/2016 – 7/09/2016	Consultation period with staff
7/09/2016 - 26/09/2016	PDMU coordinator to rectify any changes suggested by staff
26/09/2016	PDMU coordinator and team discuss policy and amend where necessary
27/09/2016	Disseminate to all staff for final consultation and agreement
27/09/2016	Share with Board of Governors and Pupil's Council
Disseminating to Parents	Update policy on school website
	Send home a letter/flyer covering key issues
	Smart Snacks for Smart Kids leaflet sent home
Disseminating to children	Assemblies, Pupil's council meetings, PD&MU lessons in class, visitors to school promoting healthy eating and displays.