

Mountfields Lodge Primary School



Healthy Lifestyles Policy

Aim High, Reach for the Sky

Rationale

We are committed to ensuring that the children in our care grow into healthy adults, this being the first of the five strands of "Every Child Matters" (Children Act 2004):

- be healthy;
- stay safe;
- enjoy and achieve;
- make a positive contribution;
- achieve economic well-being.

We are proud to hold the Healthy School award and this policy supports our efforts to maintain this status. Consequently, the policy contributes to creating a school environment in which children can thrive by helping them to understand the impact of particular health and lifestyle choices. This policy should be read alongside the school's PSHCE, Drug and Sex & Relationship Policies.

Aims

- To provide opportunities for each child to access knowledge, understanding and skills related to healthy eating and exercise so that they may make informed choices.
- To raise awareness of the concepts of 'healthy eating', 'balanced diet' and 'physical exercise', and their importance in maintaining good health.
- To develop a positive attitude towards their eating habits.
- To provide healthy food choices throughout the school day.
- To promote the physical and emotional well-being of all our children.
- To promote behaviour that is conducive to children's learning.

Teaching and Learning

In Foundation Stage, KS1 and KS2, children learn about healthy lifestyle choices through:

- Science, PSHCE, PE within the curriculum, using up to date and relevant resources
- Out of School Hours Clubs
- From foods provided by school, which meet the National Nutritional Standards
- Discussion between staff, parents and pupils and between the pupils themselves
- Visitors in school - e.g. dental nurses
- Annual Healthy Schools Week
- Starwalker scheme
- Through assemblies
- By example - from peers, staff and parents.

Food and Drink Provision During the School Day

Food provided by school at breaks and lunchtimes meet the National Nutritional Standards for School Lunches - for more details see www.schoolfoodtrust.org.uk

No chewing gum, lollipops or nuts are allowed in school **at any time** for health and safety reasons.

Breakfast Club

The school operates a breakfast club, our Cool B4 School Club. A varied selection of healthy and nutritious food is made available, e.g., yoghurt, fresh fruit, fruit juice, milk, cereal and toast. The cost is currently £3.00 a day with breakfast, and £2.50 without breakfast.

Break Time

At Foundation Stage and KS1 each child is given a free piece of fruit or vegetable portion each day. This provides the children with a daily healthy snack and the social experience of eating together.

We request that children bring a healthy snack at break time on Monday, Wednesday, Thursday and Friday. As living a healthy lifestyle involves choice, Tuesday is now "Chooseday", on which day children can choose what snack they bring for break on that day.

A healthy snack choice would include:

Fruit, vegetables, plain biscuits, bread sticks and dried fruit.

An unhealthy snack choice would include:

Crisps, chocolate, sweets, chocolate biscuits and cakes.

Children who bring in an unhealthy snack will be asked to eat their snack at lunchtime. They will be given a piece of fruit the first time they do this; after that they will not be given a piece of fruit.

There is a Healthy Schools Snack Trolley at break time which sells fruit, bread based snacks and milk. Milk must be ordered on a termly basis. This can no longer be ordered through school and must be done online at <http://www.coolmilk.com>

Dinner Time

School meal provision meets national nutritional standards. Food is provided which meets the ethnic, allergenic, vegetarian, religious and medical needs of children and staff. Sandwiches, salads, jacket potatoes, fruit and vegetables are always part of the daily menu. The dinner system offers a choice of foods, which allows the pupils to exercise their knowledge of healthy eating.

Parents are asked to send children to school with a healthy packed lunch, which provides a balanced meal for their children. Information on healthy packed lunches is available in school and on the school website. Any uneaten food is returned in the children's packed lunch boxes so the parents can be aware of what the child has eaten whilst at school. We do not allow fizzy drinks in school.

Drinking Water

All children are encouraged to bring a water bottle to school daily, these are stored in their classrooms and are easily accessible at all times; as are water fountains. In Foundation Stage, milk is available free of charge for children aged four, and available to other children at a small charge. Milk must be ordered on a termly basis. This can no longer be ordered through school and must be done online at <http://www.coolmilk.com>. For KS2 children it can then be collected from the snack trolley.

Special Events

The school ensures that healthy options are available at special events, like class Christmas parties. If a child brings sweets or cake to school for a birthday or other special event, these are divided up for distribution at home time. No nut based snacks or lollipops should be brought into school.

Physical Activity

Children take part in PE activities for 2 hrs within curriculum time during the week. In addition, out of school clubs provide at least a further 3hrs of physical activity. We encourage children to be active in our extensive school grounds at play time and lunch time.

Children in Year 6 run a Junior Playleader scheme with KS1 children to teach them playground games. Children also have the opportunity to join in competitive and non-competitive sports and games through events organised out of school.

We also consult with parents and other interested parties on our school travel plan.

Other Health Provision

The school nurse visits school regularly and contributes to teaching and learning. Should parents like to contact the school nurse regarding any health issues or for advice, they can contact the School Nursing service on (01509) 564 430.

Other health agencies may see children in school, such as for hearing tests. Parental permission is always sought before a child is seen in school by any health professional.

Role of Parents

We provide information for parents to ensure that the messages about food, drink and physical activity we give in school are reinforced and supported at home.

We expect all parents who send their children to our school to respect our healthy lifestyle policy and to support it fully through the food they give their children to bring to school.

We will hold parent meetings, where appropriate, to explain our approach to promoting healthy lifestyles.

Healthy eating is for all pupils regardless of gender, race, culture, religion, ability or any special educational need. This will be taken into account when planning provision for learning about healthy lifestyles and in provision of food and drink.

Health & Safety

All activities will be in line with school health and safety policy and local and national guidelines. In recognition of the danger of choking and anaphylactic shock, guidance with regard to the type of snack the children should **not** bring to school has been issued.

Staff Development

Relevant and up-to-date INSET is provided in response to school/staff needs and national initiatives.

Monitoring, Evaluation and Policy Review

Monitoring of more general aspects of healthy eating that pervade school life e.g., healthy snack, drinking water, will be carried out informally through observation, discussion and consultation with staff -both teaching and non-teaching - and the children - via the School Council.