

WOODBURY SALTERTON CHURCH OF ENGLAND PRIMARY SCHOOL

HEALTHY EATING AND SCHOOL MEALS POLICY

OUR MISSION STATEMENT:

Every Child Matters as a child of God.

Within a Christian environment we aim to educate and encourage every child to live happily with others and to develop and make the best of his or her ability. Everybody is special, and we believe in you not only as you are but also in what you can become.

This policy was adopted on

The policy is to be reviewed on

Signature of Governor responsible.....

Signature of Head teacher.....

A copy of this document can be provided in an alternative format e.g. in large print or audio if needed, on request from the school office.

1. BACKGROUND INFORMATION

Woodbury Salterton Church of England Primary is a community primary school for girls and boys aged 4-11. The school has approximately 90 children on roll. Approximately 25% of our pupils are identified as having special educational needs or disabilities. There is a wide social mix and very varied family backgrounds. The school covers a large rural area and also has pupils who travel in from local outlying villages and towns. The school has an active PTA, which involves itself mostly in fund-raising and supporting school events.

2. LEGAL REQUIREMENTS

Through its school meals provider (Devon Norse), the school meets the government's food-based and nutrient-based standards for schools.

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 stretching national educational standards at primary school

Children and Young People achieve stretching national educational standards at secondary school

Children and Young People engage in decision making and support the community and Environment

3. AIMS OF HEALTHY EATING

We recognise that in order for pupils to learn effectively and achieve their full potential a healthy diet is important. The school also recognises the role the school can play, as part of the wider community, in promoting family health.

The school aims to:

- provide hot and nutritionally balanced meals, which contribute to the health of pupils and help to promote the benefits of healthy eating to the wider community, in accordance with Government Nutritional Standards.
- 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 school 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
Design and Technology
Science
Positive Behaviour
Anti-bullying
Special Educational Needs
Looked After Children in Care
PE and Exercise
RE
Drugs Education and Incident management
Health and Safety
Equality and Cohesion

4. MORAL AND VALUES FRAMEWORK

The Healthy Eating element of the curriculum will reflect the school'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

5. EQUAL OPPORTUNITIES STATEMENT

As a Christian school we are committed towards equal opportunities in all aspects of school life. All resources used and teaching and learning will support this commitment.

6. CONTENT

The Healthy Eating programme will be revisited from year to year taking account of pupils' development and the spiral curriculum concept.

Delivery will be:

- as topics
- through planned aspects of PSHE, science, DT, geography and RE
- addressed occasionally in assembly time
- through special performances
- through story time
- through the Early Years Curriculum
- through extra-curricular activities e.g. sport and gardening clubs
- through special projects e.g. cooking for special occasions, healthy eating sessions, tasting sessions, competitions

7. SPECIFIC ISSUES

7.1 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.

Children in years 3-6 are encouraged to bring in fruit or veg for a mid-morning snack. Any excess fruit or veg from the SFVS is passed on to older pupils.

7.2 School Meal Provision

School meal provision meets government's nutritional standards. We offer food which meets the ethnic, allergenic, vegetarian, religious and medical needs of staff and pupils.

Hot meals are provided by Devon Norse.

7.3 Packed Lunches

Parents/carers are encouraged to provide healthy packed lunches for their children. Fizzy drinks and sweets are not permitted in packed lunches or as snacks. Healthy packed lunch suggestions are promoted through the school's website.

7.4 Water Provision

All pupils have access to drinking water, 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.

7.5 Reward systems

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

7.6 Healthy Eating Habits

As a Church school we

- *Say grace before meals to increase awareness and gratitude.*
- *Encourage children to wash their hands before eating.*
- *Adopting a whole school approach linking with the Healthy Schools agenda.*
- *Increase pupils' knowledge of the benefits of healthy eating as part of a healthy lifestyle.*
- *Ensuring that members of staff serving meals are suitable trained and understand the basic principles of nutrition.*
- *Provide facilities, which are safe for children and staff and promote positive social interaction, allowing meals to be eaten in pleasant and safe surroundings.*
- *Ensure that meals meet the special dietary requirements of all pupils.*

10. DISSEMINATION OF THE POLICY

All staff members and governors will be informed of this policy. A copy is available to view on the school website and via the school office upon request.

11. 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.

12. MONITORING AND REVIEW

This policy will be formally reviewed every 2-3 years.