

Three Rivers Federation Healthy Eating Policy



Owner	T&L Committee
Approver	Sarah Tweedie/Clare Werry
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DOCUMENT TITLE : Healthy Eating Policy

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March 2020		S Tweedie	25.09.19	FGB	05.03.20
February 2021	SC policy reviewed by ST above is now a combined 3 Rivers policy	C.Werry	02/02/21	FGB	11.03.21

Healthy Eating Policy

1. AIMS OF HEALTHY EATING

We recognise that in order for pupils to achieve their full potential, there is an important connection between a healthy diet and a pupil's ability to learn effectively, as a result of improvements in concentration and behaviour. The Three Rivers Federation also recognises the role the schools can play, as part of the wider community, to promote family health.

The Three Rivers Federation aims to:

- 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 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 and are actively encouraged to drink water.

The Three Rivers Federation will work towards these aims in partnership with the parents/carers, catering staff and health professionals.

Other policies which have relevance to Healthy Eating are:

- PSHE and Citizenship
- Science
- Behaviour/ Anti-bullying
- Special Educational Needs and Inclusion
- Looked After Children
- PE/ PEDPASS
- RE
- Drugs Education
- Health and Safety
- Equality
- Teaching and learning

2. MORAL AND VALUES FRAMEWORK

The Healthy Eating element of the curriculum will reflect the Three Rivers Federation's overarching 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

3. EQUAL OPPORTUNITIES STATEMENT

Three Rivers Federation is committed to equal opportunities in all aspects of school life. All resources used and teaching and learning will support this commitment.

4. CONTENT

The Healthy Eating programme will be revisited from year to year taking account of pupils' development and the spiral curriculum concept. The content of the healthy eating education programme including learning outcomes, will be based on the recommended programme using 'Health for Life' as a framework.

Three Rivers Federation will strive to achieve Nutritional Standards for School Lunches as well as Standards for School Food other than lunch.

5. ORGANISATION

Healthy Eating will be co-ordinated by the PSHE co-ordinators.

Delivery will be:

- as topics
- through planned aspects of PSHE, science, DT, geography and RE
- addressed occasionally in assembly time
- through special performances
- through pastoral time e.g. circle time, an opportunity to discuss the emotional links with food
- through story time
- through the Early Learning Goals
- 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

6. SPECIFIC ISSUES

6.1 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.

6.2 School Meal Provision

The Three Rivers Federation provides healthy school meals. Vegetarian options are always available and we can also cater for ethnic, allergenic, religious and medical needs of staff and pupils on request.

Stoke Canon Primary School provides freshly-cooked meals from its school kitchen using, as far as possible, locally-sourced ingredients. Clyst St Mary Primary School provides the same from an off-site provider, which is another local primary school.

6.3 Packed Lunches

Parents/carers are encouraged to provide healthy packed lunches for their children. Fizzy drinks, chocolate and sweets are not permitted in packed lunches or as snacks. Healthy packed lunch suggestions are promoted through the school's newsletters and website. All packed lunches are stored away from direct sunlight at a cool temperature. Pupils are encouraged to bring packed lunches in a cool bag.

6.4 Water Provision

All pupils have access to drinking water, at a number of points around the school, and are actively encouraged to drink water through the school day.

6.5 Reward systems

All staff recognise the need for consistent messages about healthy eating within school. Sweets and chocolate should not be used to reward good behaviour or work. See the schools rewards systems (Behaviour and Discipline Policy) for details.

7. DISSEMINATION OF THE POLICY

All staff members and governors will receive a copy of this draft policy. Copies are available to view at the relevant school offices upon request, and upon governors' adoption, a short summary of this policy will be included on the school website.

8. 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.

9. MONITORING AND REVIEW

The PSHE co-ordinators are responsible for monitoring the standards of children's work and the quality of teaching. The co-ordinators support colleagues in the teaching of Healthy Eating, by giving them information about current developments in the subject and by providing a strategic lead and direction for the subject in the school. The PSHE co-ordinators are also responsible for giving the headteacher an annual summary report, evaluating strengths and areas for development in the subject. We allocate special time for our PSHE co-ordinators to enable them to fulfil this role by reviewing samples of children's work and visiting classes to observe teaching in the subject.

The PSHE co-ordinators arrange visits to the schools from any relevant representative from a partner organisation who is involved in supporting the PSHE provision.