



# **Ashton West End Primary Academy**

## **Healthy Schools Policy**

## **Statement of Intent**

At Ashton West End Primary Academy, we are committed to the all-round development of all our pupils. We endeavour to ensure that pupils develop academically, physically, emotionally and socially. The health and well-being of everyone is of paramount importance and therefore our aim is to help children and young people to grow healthily, safely and responsibly through a broad and varied curriculum.

The catering department endeavours to ensure that food presented is limited in sugar, salt, fat, additives and colourings, creating a balanced menu and meets the dietary requirements for all the children in school, including providing foods that are Halal.

The school provides many opportunities for its students to take part in physical exercise, such as PE lessons, active break times and after school and lunchtime clubs.

This policy provides a co-ordinated approach and links with other school policies to create a school which is warm, happy, secure and where everybody feels valued and respected and where all learners can thrive.

## **Aims**

The following are our school aims in respect of healthy eating:

- to support pupils in developing healthy behaviours.
- to help raise pupil achievement.
- to ensure the health and well-being of pupils and staff through a well-planned and taught curriculum and lifestyle.
- to establish a physical and emotional environment that promotes learning and healthy life styles.
- to promote positive behaviours.
- to develop effective liaison between home and school.
- to work effectively with external agencies.
- to enhance the delivery of Personal, Social, Health Education and Citizenship.
- to ensure that pupils are given the opportunity to be involved in and contribute to issues which effect their lives, e.g., health and well-being.
- to reduce the increase in child obesity by promoting exercise and healthy eating.
- to educate pupils in general health education and personal development education, e.g., sex and relationships, health education, drugs, alcohol and tobacco.
- to promote a holistic approach to health, working with other agencies, e.g., school health, the school meals service etc.
- to encourage pupils to exercise and eat healthily.

## **What is a Healthy School?**

A Healthy School:

- Is one that promotes physical, social and emotional health and helps equip pupils, staff and families with the skills and attitudes to make informed decisions about their health.
- Is successful in supporting pupils to do their best and build on their achievements; it is committed to ongoing improvement and development.

- Recognises the importance of investing in health and wellbeing to assist in the process of raising children and young people's achievement levels.
- Involves the whole school community, parents, governors, staff and pupils in improving children's health, wellbeing and happiness, helping them to get the most out of life. (Healthy Schools; 2021)

At Ashton West End Primary Academy, we have developed a whole-school approach.

### **Personal, Social and Health Education**

Through our PSHE curriculum:

- we empower pupils with the knowledge, skills and understanding to make informed decisions about their lives.
- We have clear Schemes of Work and coverage plans to enable us to deliver PSHE.
- Regular revision of schemes of work and curriculum coverage plans ensure we are up to date in terms of meeting statutory requirements to deliver health education.
- Provision of PSHE (teaching and learning) is monitored and evaluated.
- We have a subject leader who is responsible for this curriculum area.
- We have up-to-date policies and action plans in place.
- We have a whole school no smoking policy.
- We work with other professionals and agencies to improve subject knowledge and assist with delivery.
- We have effective arrangements to refer pupils to other agencies.
- We have systems in place to ensure that pupils are listened to through 'Pupil Voice', and their ideas are acted upon.
- We ensure that Governors and parents are involved and informed about the healthy schools' agenda.

### **Healthy Eating**

We encourage pupils to have the confidence, skills and understanding to make healthy food choices. Healthy and nutritious food and drink is available at all times. As a healthy school we have:

- adopted the L.A. policy for the provision of school meals in line with Government guidelines and legislation.
- involved pupils, parents and Governors in the implementation of healthy eating.
- created a welcoming eating environment which encourages the positive and social interaction of pupils.
- ensured that healthier food and drink options are available and encouraged in break times and at lunchtimes.
- provided meals that are nutritious and healthy, and meet the national standards.
- monitored lunchtimes both internally and by using external consultants to inform policy development and provision.
- ensured that pupils have opportunities to learn about different types of food.
- have provided easy access to drinking water for everyone.

## **Snack Time**

All children in the EYFS and KS1 classes are provided with fresh fruit, milk or water through the Government fruit scheme. In the EYFS snack is accessed freely throughout the morning. Children are given responsibility for passing the fruit to others and for helping to clear away.

KS2 children have the opportunity to buy toast/ bread sticks at playtime— no other snack is allowed during break. Any leftover fruit from KS1 is taken into the hall and KS2 pupils have access to this as some children do not bring snacks regularly.

The Site Manager and a small group of Year 6 children delivers the fruit and milk to each class every morning. The fruit and vegetables are always rinsed and a bin is provided on the playground for any waste.

## **Water**

The school realises that a constant supply of water can have a positive effect upon health and well-being. It reduces tiredness, irritability and distraction and can help concentration. Pupils are encouraged to drink water throughout the day and fresh drinking water is provided.

## **School Meals**

All our school meals are planned and provided by the school chef and catering team, who act in accordance with the School Food Standards. A copy of the weekly menu is available from the school office. Staff monitor food choices and encourage pupils to try new foods. We work with families who are eligible for free school meals to encourage them to take this up and in the EYFS and KS1 we encourage all parents to take this up.

## **Lunch Boxes**

The school knows it is very important that pupils eat a healthy packed lunch with a good balance of foods. The school will encourage children to bring a healthy lunchbox from home. Many children bring packed lunch to school. We regularly include newsletter items about the contents of these and we do not allow sweets, chocolate bars (although we do allow chocolate covered biscuits at present) or fizzy drinks.

## **Packed Lunch Containers**

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles. Foods are at risk of bad bacteria if they are prepared and stored in warm temperature, so it is advised that an ice pack is included in the food container.

## **Monitoring packed lunches**

To promote healthy eating, we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed

lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy.

### **Special diets and allergies**

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

### **Food allergy/intolerance procedures**

School recognises that some children may have a food allergy or intolerance.

Once parents/guardians have made school aware of any allergies/intolerances a meeting will be arranged by the school with the pupil's parents/guardians, the head teacher, the kitchen staff and preferably with the school nurse/health visitor linked to the child. At least seven days before the meeting a letter from the GP or hospital consultant will be required giving details of the allergy/intolerance.

At the meeting the parent will be required to verify the pupil's allergy/intolerance and discuss the following information:

- The menu and what the pupil can eat on the menu and any other relevant information from the parent/guardian that is required.
- Procedures to be followed in the instance of an allergic reaction and whether or not the pupil will require additional support from a member of school staff.
- The process for providing an up-to-date photograph of the pupil at regular intervals to be displayed in a prominent place within the kitchen. The photograph is to be updated at least once a menu cycle whilst the pupil is having school meals.
- The roles and responsibilities of the school, kitchen staff and parents/guardians for catering provision throughout the day.

All staff should be made aware of the details of the pupils with allergies/intolerances in school. Any temporary staff should be offered as much assistance as possible by staff to identify pupils with allergies/intolerances.

Parents/guardians should inform school of any changes to the pupil's diet due to changes to the allergy as soon as possible after the change has taken place. A review should be undertaken annually.

### **Physical activity**

Pupils are provided with a range of opportunities to be active and understand how physical activity can help them to be healthy. As a healthy school we:

- have clear leadership and management to develop and monitor the P.E. policy.
- ensure a minimum of 2 hours structured play/break.
- provide pupils with an opportunity to participate in a broad range of activities which promote physical activity, e.g., sporting events, lunchtime clubs etc.
- are involved with other sports partnerships.
- keep Governors and parents informed and updated of developments.

## **Emotional Health and Well-being**

Promoting positive emotional health and well-being to help pupils understand and express their feelings and build their confidence and emotional intelligence.

As a healthy school we:

- provide strategies to support pupils and their families when appropriate.
- create a positive ethos to promote emotional health and well-being in school, including behaviour management.
- give pupils the opportunity to understand and explore feelings through the appropriate use of resources and teaching and learning styles.
- provide confidential pastoral support when appropriate, especially at times of bereavement and other major life changes.
- have a clear confidentiality policy.
- provide appropriate professional training for those in a professional role.
- encourage the health and well-being of all staff.

## **Styles of teaching and learning**

Aspects of healthy schools' education will be delivered with reference to our Schemes of Work for PSHE, Science and PE. It will consist of:

1. Discrete provision.
2. Delivery through a cross-curricula approach.
3. Through whole-school activities.
4. As part of the social and emotional development of pupils.
5. Through snack and lunchtimes.
6. Children's involvement in the life of the school and wider community.

## **Health & Safety**

The Healthy School Standard and all activities related to it are subject to Ashton West End Primary Academy's Health & Safety policy. All activities are subject to risk assessments and health and safety procedures.

## **Monitoring and Evaluation**

The healthy schools subject lead is responsible for supporting colleagues in the delivery of the food policy. The school chef is responsible for ensuring the quality of the food offered.