



Churchdown School Academy
ACHIEVING SUCCESS FOR ALL

Healthy Eating Policy

Churchdown School Mission Statement

Our mission is to be a school where student development and learning are at the centre of everything we do. Students are expected to strive for personal excellence and demonstrate a commitment to learning as they fulfil their potential. Our community is a nurturing and caring one, where students are encouraged to show compassion, friendship and support towards one another. We aim to provide an education which is fully inclusive, where every child is valued for who they are and who they can become.

At Churchdown School the education we provide is guided by the values of integrity, resilience, respect, ambition and tolerance. These values are particularly important to us as we develop the students into lifelong learners and prepare them for a life beyond school.

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

Churchdown School is a healthy 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, which supports a healthy lifestyle.

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 Food Policy

We do not use vending machines in our school. This is for health reasons. Currently we do not run a tuck shop but if we decide to do so in the future, the Food Policy will be applied to all items sold.

Breakfast Club

Breakfast Club operates on a daily basis in the school for all children from age 11. Pupils who have free school meals are also entitled to a free breakfast. The food offered is healthy and is consistent with a healthy diet. We provide toast, (pupils have white and brown), low fat spread, fruit, jam, marmite, low salt/low sugar fortified cereals and fresh fruit. Children choose water, orange juice, apple juice, tea or coffee to drink.

Snacks

School Lunches and Packed Lunches

The school has a healthy food policy and the school provides all school meals. This includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot and cold option, both of which pay regard to nutritional balance and healthy options. Many children bring packed lunch to school.

Water for all

Water is freely available throughout the school day to all members of the school community. In the summer, pupils are allowed to drink water in lessons and are encouraged to bring drinks to school. Regular breaks are built into the school day and curriculum by class teachers.

Food across the Curriculum

There are a number of opportunities for pupils to develop knowledge and understanding of health, including 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, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.

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

Science 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.

Religious Education provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

Information Technology can afford pupils the opportunity to research food issues using the Internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food Technology as part of Design and Technology provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

PSHCE encourages young people to take responsibility for their own health and well being, teaches them how to develop a healthy lifestyle and addresses issues such as body image.

Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

Geography 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. History provides insight into changes in diet and food over time.

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 dance and walking.

School visits provide pupils with activities to enhance their physical development e.g. to Activity Centres.

Out of hours learning includes cookery and gardening clubs from time to time.

Partnership with Pupils and Parents

Pupils regularly offer feedback to the Catering Manager via School Parliament. The Catering Manager attends at least one meeting per year with Parliament.

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example. There are regular updates from the canteen in the newsletter and new pupils are given an induction pack containing menus and other canteen information.

During out of school events, e.g. camp etc., the school will encourage parents and carers to consider the Healthy Food Policy in the range of refreshments offered to pupils.

Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and Review

The Catering Manager is responsible for ensuring that the food served is in accordance with this policy. Subject Managers are responsible for the curriculum development of the Healthy Food Policy. The Head Teacher and PSHCE Manager are responsible for supporting colleagues in the delivery of the Healthy Food Policy. The school is responsible for ensuring the quality of the food offered is healthy and nutritious and within the Government Guidelines.

This policy will be reviewed annually.