



Oreston Community Academy

Healthy School Policy

Date Reviewed by the Governing Body: Autumn 2022

Next Review date: Autumn 2025

Healthy School Policy

Introduction

At Oreston School we strive to promote the health and well-being of the whole school community through all aspects of food and drink, physical activity and positive mental health. We believe that the school, in partnership within parents and carers, can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices. All the principles within this policy apply to both adults and pupils. Oreston Community Academy is a healthy school and this is reflected in this policy.

At Oreston we recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps to promote healthy eating habits for life. We believe that healthy children are best able to take full advantage of the educational opportunities that the school provides.

Our school community encourages pupils to develop the skills and attitudes that will help them make informed healthy choices both in and out of school. Healthy eating is explicitly addressed within the Science, PE and D&T curriculum. Each curriculum subject will be developing a range of skills and understanding that will contribute towards these areas.

Aims

- To promote a school ethos and environment which encourages a healthy lifestyle
- Our explicit values underpinning positive mental health and resilience are reflected in our School Aims and Values.
- Classes feed into the range of pupil voice groups to give children a voice in how to make their school healthy (including food critics).
- We encourage all children to bring in a healthy snack for morning break unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.) Please see the green list of agreed healthy snacks at the end of this policy.

Curriculum Focus on Healthy Lifestyles

- Food, drink and physical activity within a Healthy Lifestyle is incorporated across the curriculum.
- The children take part in a health week during the summer term.

The school will adapt a healthy schools approach to most areas of the curriculum and these may be cross curricular. Some topics such as 'Why can't I have Chocolate for Breakfast?' will cover many of our aims and objectives and opportunities are sought in other topics to further expand on these messages. Our pupils will experience most health education in the following areas: PE, PSHE, Design Technology and Science.

Physical Education

- Play leaders encourage active play at lunchtime with equipment provided for all ages.
- Mealtime assistants have received training to help encourage interactive play.
- All children have two sessions of PE each week.
- The children in Year 3 have a term and a half of swimming lessons each year. There are also top up swimming sessions available to Year 6 to meet the curriculum aims.
- Children are given the opportunity to take part in local sporting competitions.
- The school has a partnership with the School Sports Co-ordinator and Arena to develop sport across the school and make links with other schools in our multi academy trust and wider.
- Children are offered the opportunity to take part in a range of extra-curricular clubs including cookery and sports.
- Bikeability and Balanceability sessions are provided for children in Foundation and Year 6.
- Early Years and Nursery children have activities planned that focuses on their physical development.

Food and Drink

- Children are encouraged to bring in a clear water bottle to allow children to drink water at all times of the day (please see sipping policy).
- Our school has easily accessible toilets and regular toilet breaks.
- The school operates a no sweets/crisps/chocolate policy, for break times and discourages the sharing of sweets for children's birthdays.
- Children in Key Stage 1 and the Foundation Stage have fruit available during morning break time and all are encouraged to have some each day.
- Key Stage 2 children have the option of purchasing a healthy snack from the snack team or bring in their own healthy snack.
- Our school lunches are provided by Orestaurant to ensure they are healthy and nutritious.
- Healthy choices are encouraged and supervised at school dinners.
- Children are shown how to make healthy meals through food technology lessons.
- For special events such as class parties, festivals, fetes and fairs staff and Parents/Carers are requested to ensure that a variety of food choices are available, keeping in mind the Healthy School Policy.

Breaktimes

Why is a healthy breaktime important?

- Childhood is an important time to establish good eating and drinking habits for future health.
- School healthy eating schemes give pupils the knowledge and opportunity to make healthier choices.
- Teachers have suggested that a healthy snack at break time can help with pupils' concentration and behaviour in the classroom.
- It encourages suitable drinks and snacks to help prevent tooth decay.
- It helps to meet our target of five or more portions of fruit and vegetables a day.

As a team of staff, children, dietitian and members of the parent forum we have spent some time reviewing our snack list.

The main focus of our healthy snack list is the amount of sugar the snacks contain. Eating too much sugar can contribute to people having too many calories, which can lead to weight gain. Being overweight increases your risk of health problems such as heart disease, some cancers and type 2 diabetes. Sugar is also one of the main causes of tooth decay. To prevent tooth decay, we need to reduce the amount of food and drinks we have that contain free sugars – such as sweets, chocolates, cakes, biscuits, sugary breakfast cereals, jams, honey, fruit smoothies and dried fruit – and limit them to mealtimes.

A snack providing fruit or vegetables, along with protein and a carbohydrate will provide a more nutritionally balanced snack and help your child feel fuller for longer. Higher fibre carbohydrate options also help with that feeling of fullness.

Break Time Snacks

Children are encouraged to bring a healthy snack for break-times. This should ideally be provided in a small named container.

Children must not bring snacks, which contain nuts, to school.

Children in Key Stage 1 and EYFS are able to take part in the National Fruit Scheme, which means that a range of fruits and vegetables are provided every day so there is no need to provide a snack from home.

In addition to this, children can also purchase some of these items from the snack away team.

Parents / carers who are struggling for ideas for healthy snacks that their child might like can access the following website for additional ideas <https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids> which may prove useful.

Oreston's Agreed Breaktime Snack List

Green list
These are snacks we would recommend as they are healthy!
<u>Fruit & Vegetable Options</u> <ul style="list-style-type: none">• Fresh fruit• Raw vegetables
<u>Carbohydrate Options</u> <ul style="list-style-type: none">• Breadsticks• Plain rice cakes• Plain crackers• Oatcakes• Lightly salted popcorn
<u>Protein Options</u> <ul style="list-style-type: none">• Cheese portion 25-30g• Hard boiled egg• Plain yogurt• Hummus

School lunches including packed lunches

At Oreston we have our own 'in house' catering team that provide healthy, fun and nutritionally balanced meals for all the children and staff at Oreston Community Academy.

All school meals will be prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT. "A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at Key stages 1 and 2, especially for pupils with lower prior attainment"

We will provide Universal Free School Meals for children in Foundation and Key Stage 1 (Years 1 and 2) and encourage parents to take up this offer. We are committed to providing food which is compliant with all national guidelines.

Through the Food Critics Group we ensure the direct involvement of the children who give their feedback of what should be on the menu. They also support the running of lunchtimes suggesting new ideas and meal choices. Significant menu changes are also shared with parents in our Parent Forums.

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away. The children also volunteer as Waiters and Waitresses at lunchtimes to support younger children in the hall during the lunchtime.

We use locally sourced seasonal produce from our suppliers and use it from our own allotment when it is available.

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. Guidance on healthy pack lunch ideas can be found:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#lunchbox-recipes>

Packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards.

Any meals taken as part of on or off school site residentials will provide a balanced and healthy approach to meals and where possible we will look to use off site providers that comply with the National Food Standards. All menus can be found on the school website <https://www.orestonacademy.com/orestaurant/>

Lighthouse Club / Holiday Club

Food provision at our breakfast and after school club and holiday club is compliant with the National School Food Standards. Our Kitchen Manager ensures the food provided is balanced, a nutritious breakfast and afterschool snack for the children. Relevant staff have basic food hygiene and preparation certification. Children in the clubs have regular opportunities to prepare and cook healthy snacks and there are regular opportunities to discuss healthy eating as part of their general activities.

Events and Celebrations

We want to give children the opportunity to celebrate their birthdays but to promote healthy eating choices we would ask that parents and carers do not send in birthday cakes or sweets. If parents want to bring something in to celebrate birthdays, we would ask that healthy foods such as fruit or non-food items such as stickers etc.

At Christmas and at the end of the school year classes may have a class party. We will provide a balance between treat foods and healthy fruit and vegetables at these times.

Throughout the school year we have theme meals which provide children with a meal from another country or something that celebrates an occasion to allow the children to taste and experience foods from other countries and cultures.

Partnership with Parents and Carers

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.

Parents and carers are regularly updated on our water and packed-lunch policies through newsletters and Parent Forums. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk in classrooms during the school day, except at lunch when children may drink juice or squash. The Sipping Policy outlines further details regarding sugar free squash.

Healthy Lunchbox Ideas are shared via the website.

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Parents are reminded that, due to the severity of some allergies in school and the difficulty in managing allergies and preferences when children bring treats into school, we have made the decision not to accept birthday treats in school.

All members of staff are reminded that, due to the severity of some allergies in school and the difficulty in managing allergies and preferences, staff are asked not to provide treats (cakes, sweets, biscuits, etc.) for children.

If children complete a cooking activity as part of the broad and balanced curriculum in school, these may be shared with classmates, at the teacher's discretion. Parents/carers may be informed via Class Dojo or Tapestry.

During out-of-school events, e.g. school discos etc., the school will encourage parents/carers to consider the food policy in the range of refreshments offered for sale to the children.

Role Governance

Governance monitors and checks that the school policy is upheld and can also offer guidance where a member of the body has expertise in this area.

Policy date: Autumn 2022

Review date: Autumn 2025

Written by: Lindsay Greenway