

Orleans Primary School



Healthy Schools and Whole School Food Policy

This policy was reviewed: March 2022

This Policy will be reviewed: March 2025

Signed _____ Quality and Standards

Signed _____ Headteacher

Healthy Schools Policy

Introduction

At Orleans Primary School we want to promote the health and well-being of the whole school community through all aspects of food and drink, physical activity and positive emotional health. All the principles within this policy apply to both adults and pupils.

All members of the school community (teaching and non-teaching staff, parents, pupils and Governors) work towards the school's aims, but the overall responsibility for the policy is with the Healthy Schools Lead, PSHE Subject Leaders, the PE Subject Leader and the Headteacher.

Policy Objectives

To promote a school ethos and environment which encourages a healthy lifestyle

Our explicit values underpinning positive emotional health and resilience are reflected in our School Aims and Values.

Pupils have a voice and opportunities to give their opinions on how they make their school healthier.

Pupils, parents and staff understand the importance of being sun aware and put into place specific strategies to keep the pupils safe.

Staff take part in quality professional development including First Aid, Child Protection and Safeguarding, PSHE, PE and understanding the mental health issues which can affect pupils.

A positive learning environment is created through systems as set out in our Behaviour Policy

There is an active partnership within the whole school community in working with outside experts such as the School Nurse who works with individuals and the whole school to promote healthy lifestyles.

The School Travel Plan works towards an accreditation link to Transport for London - STARS - Sustainable Travel: Active, Responsible, Safe.

To use the full capacity and flexibility of the curriculum to achieve a healthy lifestyle.

Cooking, food, drink and physical activity within a Healthy Lifestyle is incorporated across the curriculum. This includes:

- Food Technology (as part of Design and Technology) provides the opportunity to learn where food comes from and apply healthy eating messages through practical work with food including preparation and cooking.
- Science provides an opportunity to learn about the effects of physical activity and diet on our bodies and the effects of a balanced diet.
- PSHE encourages young people to take responsibility for their own health and well-being and teaches them how to develop a healthy lifestyle.
- Physical Education provides children with the opportunity to develop physically, mentally, socially and creatively and understand its practical impact.
- Mathematics enables children to understand nutritional information as well as calculating, weighing and measuring.
- Geography allows children to learn about physical activity opportunities in the local environment. It also encourages children to look at the changing environment
- Involvement in the school allotment.
- The children in Year 2 take part in Scooter Safety Training, Year 3 take part in the Safer Walking Scheme pedestrian training scheme and Year 6 do Bike Ability Training.
- Acknowledging and participating in 'special' weeks, annually: eg. Children's Mental Health Week, Anti-Bullying Week, Walk to School Week.

To provide quality physical education and school sport, and promote physical activity as part of a lifelong healthy learning.

- Active play equipment is provided for all ages at break times and lunchtimes including climbing areas – this is introduced and modelled in assembly.
- Teaching Assistants have received training to help encourage interactive play.
- Pupils in Year 6 may apply to be a Sports Leader. Sports Leaders set up games and activities every lunchtime and ensure that all children are playing co-operatively. The Sports Leaders play an invaluable role in encouraging others to try new games and sports and to feel that they belong in our school community.
- Our Sports Council is made up of two children from each class in Years 1 to Year 6. We hold half termly meetings where we discuss the future of PE at Orleans. Our Sports Council provide a vital pupil voice for PE, getting to feedback on lessons, equipment and playtimes.
- All children have two sessions of PE each week, with KS2 pupils using Marble Hill Park for their PE sessions.
- The children in year 3 have a term and a half of swimming lessons each year.
- The children in Key Stage 2 are given the opportunity to take part in local sporting competitions
- The school has a partnership with the School Sports Co-ordinator (SSCO) to develop sport across the school and make links with other local schools

- Prince's Keep Active sessions: run every Monday during the school day. Class teachers choose PPG pupils and other children that could benefit with some extra active sessions.
- Children are offered the opportunity to take part in a range of after school sports clubs.

To ensure the food and drink available across the school day reinforces the healthy lifestyle message

- Each child is asked to bring a water bottle to enable children to freely access drinking water at all times in and out of the classroom.
- Children in the Early Years and KS1 are also offered a milk, daily, during snack times.
- Water fountains are in both playgrounds to allow children to drink water at break times.
- Orleans Primary School has easily accessible toilets and regular toilet breaks.
- The school operates a no sweets/crisps/chocolate policy, for packed lunches, break times and discourages the sharing of sweets for children's birthdays.
- Children in KS1 and the Foundation Stage have fruit available during morning break time and all are encouraged to have some each day.
- Children in KS2 are encouraged to bring a healthy snack (fruit or vegetable) daily to eat during their break time.
- A healthy menu from our school lunch providers, Caterlink, has been put in place for lunchtime.
- Healthy choices are encouraged and supervised at school dinners.
- Lunch boxes are checked to ensure enough food has been eaten.
- 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 will ensure that a variety of food choices are available, keeping in mind the Healthy School Policy.
- Orleans Primary School is a seed and nut free school (including peanut butter and pesto) which is strictly enforced and communicated on a regular basis to pupils, parents and staff.
- Orleans Primary School follows the Healthy Schools Standard.

Whole School Food Provision

Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment.

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. These standards are mandatory for all maintained schools. All academies and free schools are also expected to comply with these standards, and since 2014 is an explicit requirement within funding agreements.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunch, tuck shops and after school clubs.

For more information please refer to:

- The School Food Standards – A practical guide for schools their cooks and caterers <http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf>
- DFE (2019) Standards for School Food in England <https://www.gov.uk/government/publications/standards-for-school-food-in-england>

School lunches:

- School meals for children in Reception to Year 2 are provided free of charge to parents under the Government Universal Infant Free School Meals Scheme. All children entitled to UIFSM are provided with a hot, nutritious meal every day, and do not need to sign up to receive one.
- The school recognises that some children may have a food allergy or intolerance and will need to have a special menu agreed with Caterlink before they can have school meals.
- Caterlink provide school lunches, cooked freshly by our on-site chef.
- Caterlink food is made using quality produce in line with both Food for Life Silver or Gold Standards, and the School Food Standards.
- Caterlink desserts are in line with lower sugar recommendations and menus are monitored to encourage high levels of uptake.
- Children are able to choose from a variety of healthy, nutritionally balanced dishes, including a daily fruit and salad bar.
- The menu is available on the school website, and parent representatives from each year group are invited into school to see the lunch service, try the food and meet the catering team to ask any questions they have.
- Staff try to ensure a happy and welcoming eating environment. Music is played on special occasions and the food service area is sometimes decorated according to the season.
- A rota is used for children to enter the hall so that queuing is kept to a minimum.
- Children are seated with their friends and children eating school dinners or packed lunches are seated together.
- Our Lunchtime Supervisors are on hand to ensure that children eat their lunches and are encouraged to try new foods. If children are having difficulty with either their school lunch or packed lunch we will contact parents to let them know.

Packed Lunches:

- Children have the opportunity to bring in a packed lunch.
- We ask parents to send healthy lunches every day and actively discourage fizzy drinks, sweets or crisps.
- We are also a nut (including peanut butter and pesto) and seed free school due to several children having a severe allergic reaction to nuts and seeds.
- Examples of healthy lunch boxes can be found on the school website.

School trips:

- Children are asked to bring a healthy packed lunch, including a drink, on school trips.

Breakfast club and after school care:

- Energy Kidz is a leading provider of out of school childcare for primary school aged children, offering fun and affordable childcare delivered in a safe and supervised environment.
- Their Whole of Child philosophy underpins all of their programming, with activities split in to 6 categories: Express Yourself, Learning to Thrive, Learn through Play, Wellness, Let's get Moving and Skills for Sports.
- Breakfast includes items such as cereals, toast, crumpets, milk, water and fruit.
- Healthy guidelines are followed and a healthy snack is available for children, attending the after school club, on a rolling snack basis, including wraps or sandwiches with cheese or meat, vegetables, fruit and yoghurt.
- Further information can be found on their website.

Orleans Primary School is registered with Healthy Schools London and is currently renewing the Bronze Healthy Schools Standard Award (expires June 2022) and will then work towards achieving the Silver Award.