



Policy For
Healthy Living
And
Healthy Eating

This policy was approved by Curriculum Committee

On the 11th January 2022

Signed

Position Chair of the Curriculum Committee

Heaton St Barnabas' Primary School

Healthy Living Policy Including Healthy Eating

Rationale: Why we need this policy; the school's principles and values which will underpin this policy.

The school's policy forms the broad framework for specific healthy life style issues such as healthy eating and physical activity. The school supports not only the academic achievement of pupils but their physical, emotional and social development. We believe that a happy, healthy, safe and caring environment and encouraging healthy choices around food and physical activities contributes to this. We share the national concern about malnutrition including obesity. We acknowledge the expectation to promote the consumption of five portions of fruit and vegetables a day and help to reduce obesity. We think it is important to have a whole school commitment towards this. This policy expands some of the broad aims of the PSHE policy with its emphasis on developing life skills and developing healthy lifestyles.

Aims and Objectives

Heaton St Barnabas' Primary School recognises the important connection between a healthy, balanced diet and a student's ability to learn effectively and achieve high standards in school.

Aims:

- The school aims to ensure that pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To provide everyone with a framework for a healthy life.
- To provide the opportunity for the whole school community, including parents, as partners in decisions about promoting healthy lifestyles through school.
- To provide an environment that promotes healthy eating and models healthy food choices.
- To develop self-awareness and self esteem in pupils so that they want to keep healthy and safe.
- To promote positive attitudes in wanting to take responsibility for keeping safe and healthy.
- To encourage informed healthy eating and healthy food choices.
- To raise an understanding of the effect of food consumption and nutrition on the body.
- To nurture the skills related to purchasing and preparing healthy food.
- To begin to develop an understanding of the global, local and economical implications of food production and consumption.
- To promote physical activity within and outside the whole school community.
- To raise understanding of the contribution that exercise makes to a healthy lifestyle.

Objectives:

- By using class, Phase and the school council to engage pupils in the review and development of the school's policy and practices which enable access to healthy food and healthy food choices.
- By engaging parents in task groups or through questionnaires to review policies.
- By working with outside agencies to help raise parental understanding about healthy eating, the effect on children's behaviour and attainment and provide guidelines for parents about acceptable packed meals e.g. drinks which do not contain added sugar or which are carbonate, low fat and low salt items, increased inclusion of fruit and vegetables.
- By engaging school catering providers who meet the school's expectations of providing and promoting healthy options (reduced sugar, salt, fat, artificial colouring, favouring and carbonated drinks, and increase use of fresh fruit and vegetables).
- By providing reward systems to encourage healthy behaviour e.g. food choices and involvement in physical activities.
- By ensuring access across the school day to drinking water.
- By modelling healthy food choices by all adults working in the school.
- By providing opportunity for pupils to learn about and experience a wide range of foods including the preparation and tasting of fruit and vegetables in school schemes for KS1 pupils and providing

the opportunity for KS2 pupils to purchase fresh or dried fruit and raw vegetables daily by members of the school parliament.

- By providing training for school based staff in their awareness of the importance of healthy eating and food hygiene. Enabling them to provide workshops for pupils to discuss what keeping healthy looks like.
- By encouraging the provision of treats, rewards and celebrations which have a balance of healthy foods and traditional sweet treats or alternative non-food items.
- By conforming to the government's guidance on nutritional standards for school meals and other provision of food in school.
- By creating a pleasant eating environment that encourages the positive social interaction of pupils.
- By providing information about nutrition through science, food technology, outdoor learning, PE and PSHE programmes.
- By undertaking activities which help the promotion of self-esteem and positive self images with pupils/students.
- By handling concerns about suspected poor diet with sensitivity; providing access to specialist advice and support where there is a concern about a pupil's health (including bullying) that staff suspect may be related to diet (e.g. via school nurse or community nurse).
- By monitoring pupil's food choices or packed meals in order to identify which aspects of healthy eating need emphasis through the curriculum, or in the provision of advice to parents or the way school meals are presented.
- By providing the option of joining in out-of-school hours/extended school activities to promote an interest and understanding about healthy eating which could include food-science clubs, cookery clubs, growing clubs, parent and child shared activities.