



Healthy Eating Policy

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Document history

Issue 1: New policy from a School Bus model

1 Statement of Intent

Through a positive caring environment, we provide the opportunity for every child to reach their full potential. We embrace Christian values and ensure all children are ready for their next steps.

2 Rationale

Hollingworth Primary School recognises that a healthy school is one that is successful in helping pupils to do their best and build on their achievements. It is committed to ongoing improvement and development. It promotes physical and emotional health by providing accessible and relevant information and equipping pupils with the skills and attitudes to make informed decisions about their health. A healthy school understands the importance of investing in health to assist in the process of raising levels of pupil achievement and improving standards. It also recognises the need to provide both a physical and social environment that is conducive to learning.

3 Aims

- To promote a whole school approach to a healthy lifestyle
- To encourage children and staff to make informed decisions on a healthy lifestyle based on positive attitudes and information.
- To promote safe working and playing relationships and environment both inside and outside of school.
- To provide high quality physical education and school sport and promote physical activity as part of a lifelong healthy lifestyle.
- To increase the children's knowledge and understanding of the importance of water in their diet through the provision of water bottles to all pupils.
- To provide children and staff with the opportunities to make informed choices about a healthy lifestyle based on current information and liaison with outside agencies.
- To develop the teaching of food technology aspect of the design and technology curriculum with regard to healthy eating.
- To encourage children to choose a healthy snack at morning break time.
- To support the LA's 'School Fruit and Vegetable Scheme (SFVS)' initiative by encouraging KS1 children to eat one portion every day at break.
- To help children develop greater confidence, motivation, self-esteem and have the skills, information and understanding to make important life and health choices.
- To achieve better academic results within a setting that supports their health and well being.
- For children to learn how to develop good relationships, and respect the differences between people.

4 Policy into Practice

The school will adapt a healthy schools approach to most areas of the curriculum; therefore evidence will be very cross curricular. Some science topics such as 'Ourselves' and 'Food' 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:

4.1 P.E.

Through dance, gymnastics, swimming, after school clubs and games and outdoor adventurous activities.

4.2 PSHE/SRE

PSHE/SRE issues will continue to be covered within the curriculum through topic work, personal targets for the children, classroom rules and targets, visitors and, for example, school nurse and visits.

4.3 Design and Technology

Through food technology topics within the year groups, some directly based on healthy eating.

4.4 Science

Through topics within the year groups which may be based on healthy eating topics or cover such issues as sex education.

4.5 Special Educational Needs

Where appropriate, modifications are made to enable children with special educational needs to show progression and achievement in all healthy schools activities.

4.6 Equality

We enable all pupils to have access to the full range of activities to support their learning.

4.7 Assessment and Monitoring

Assessment and monitoring will be done on an ongoing basis with the curriculum and will be in accordance with the assessment requirements of the particular subject area

5 Role of the Co-ordinator and Staff Development

The PSHE Coordinator is responsible for relating all information about healthy school's curriculum to other members of staff. They will attend any relevant courses, which may contribute to the updating of this information or for personal development.

6 Reviewing the Policy

This policy outlines the practice and intentions of the school at the present time and will be used as an ongoing document. It will be updated on a three-yearly basis or when new legislation is available.