



Healthy Schools Food Policy

This policy has been written in consultation with the Healthy Schools Working Party, the School Council, Mr Ram Apadoo, Healthy Schools Governor of Rowhill School and by encouraging views from parents and carers.

This policy applies to and involves all members of Rowhill School community, and has been made freely available.

Our Aim

To work together to promote the health and well being of pupils, staff and visitors to our school. In this respect this policy cross references to school policies, programmes and procedures for PSHE, Science, Physical Education, SEN, Behaviour Management (including anti-bullying and rewards), Equal Opportunities and Racial Equity. The school is committed to the principles of the Healthy School Programme and will implement this policy in a whole school approach.

Objectives

- 1) That pupils have confidence, skills and understanding to make healthy food choices.
- 2) That healthy and nutritious food and drink is available across the school day.
- 3) That parents will be provided with information about the HSI.
- 4) That parents will be provided with information about healthy packed lunches.
- 5) That confectionary is used in a limited and considered way over the school year

Implementation

1. Curriculum, Teaching and Learning:

The importance of healthy eating will be an integral part of the curriculum within PSHE, Home Economics, Science and PE. This will have prominence as part of the Every Child Matters agenda and specifically feature on lesson plan proformas

2. Water Provision:

Water is currently available from two fountains and a tap in the school dining hall. Water breaks (learning breaks) are a feature across the school. Pupils are encouraged to bring their own bottles of water into school.

*Carbonated drinks are not allowed in KS1 and KS2 and discouraged in KS3 and KS4.

There are currently no vending machines

3. School Meals Service

School meals are provided by “ the School and follow Government guidelines regarding nutrition. Healthy eating is promoted by a range of choices (with salad and fruit available daily) and chips only once a week. A daily menu is displayed.

The daily breakfast clubs emphasise the importance of an appropriate breakfast and provide a suitable choice each day. Both the Primary and Secondary clubs are free of charge and potentially open to all.

4. Snacks and Lunchbox Guidelines:

There are no vending machines. Pupils and parents are encouraged to make healthy choices via the curriculum, assemblies and Newsletters.

The Primary department receive fruit and vegetable snacks through the Governments fruit and vegetable scheme.

5. Dining Environment:

An orderly environment is established in the hall. Staff regularly sit and eat with the children providing good role models and encourage good eating habits eg use of plates and cutlery, seating, drinking water

6. Leadership, Training and CPD:

The HSI is part of the ECM agenda. Both will continue to be part of the School Development Plan for the next three years. Appropriate staff will have access to relevant training and development. This maybe identified through the Performance Management and Appraisal systems in place.

7. Special Events:

The school maybe involved in campaigns or organise activities which promotes healthy eating. However, there may be other occasions that give a contradictory message, such as the use of confectionary as rewards or as an Easter or Christmas gift. This must be done in a considered way and alternatives provided when appropriate eg pupils’ dietary needs.

Inclusion and Equal Opportunities

Refer to school policy

Differentiation and Special Needs

Curriculum materials should be appropriate and reflect the needs of the pupils. Staff should ensure that they are supporting and addressing pupils’ specific dietary need when providing food and drink at all times.

Working with Outside Agencies

The school seeks links with outside agencies to support the delivery of the curriculum eg Kent Health and Education Partnership, Nursing Service, Dieticians.

Refer to protocols and procedures for visitors and outside agencies.

Smoking

As school policy

Monitoring and Evaluation

- 1) Pupil Evaluation: Through specific subject quality assurance activities; school council
- 2) Parent/Carer Feedback:: Bi-annual questionnaire
- 3) Staff Monitoring and Review: Quality assurance activities, staff meetings
- 4) Healthy School Status: Use of audit tool bi-annually
- 5) HSI Working Party: To review policy in light of improvements and changes