



Arnold Mill Primary School Healthy Schools Policy 2024

Approved by: S&P Committee

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Last reviewed May 2024

on:

By: Lindsay Butler

Next review Summer 2026

due by:

By: Laura Hillary
and Lindsay
Butler

Arnold Mill Primary and Nursery School Whole School Food Policy

Introduction

In our school we are committed to giving all our pupils consistent messages about aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the lifestyle choices they make.

The school supports the '10 a day' campaign, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

Rationale

At Arnold Mill we feel it is important to consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide valuable and appropriate guidance to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, a whole school ethos and the curriculum, all staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

All members of the school community need to be aware that healthy eating and a balanced diet is, to some, a sensitive issue. We need to be mindful of the fact that children may be exposed to and aware of negative food issues and the associated emotional and psychological affects e.g. anorexia and bulimia. Children may also be affected by the media and advertising e.g. the size zero debate.

We strongly believe that high energy foods are acceptable when consumed as part of a balanced diet and regular exercise; encouraging the selection of a range of food types in 'moderation'.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To work collaboratively with other agencies to promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to take part in the '10 a day' campaign

Settings for Food Policy

The kitchen provides a tuck shop during morning break and complies fully with the School Food Trust guidelines. For children that don't wish to purchase snacks, we aim to foster a positive approach to the children's health by asking that they bring healthy snacks such as:

- Fresh or dried fruit
- Vegetables such as carrots or celery
- Cheese (unprocessed)

Snacks should be brought to school in a re-usable container to avoid the need for disposing of any waste packaging. We offer recycling opportunities where possible.

School Fruit and Vegetable Scheme

The school has been part of the fruit and vegetable scheme for a number of years. Every child in Foundation Stage and Key Stage One is provided with a fruit or vegetable which is consumed during break.

Items provided include apples, oranges, bananas, carrots, tomatoes, strawberries and cucumbers, amongst others. In Key Stage 2 children are encouraged to bring their own healthy snack.

School lunches and packed lunches

Children can purchase a hot dinner provided by Nottinghamshire Schools Catering Services. (See NSCS Healthy Eating Policy). In the event of an off-site visit, a packed lunch will be provided in place of the hot meal, if required.

Children can bring their own packed lunch to school. We ask parents to support us in providing clear messages to the children about a balanced diet. Items such as fizzy drinks and sweets are not permitted. We issue guidance in newsletters and on our website about what constitutes a balanced packed lunch and the children learn about healthy diet through our curriculum. Nut products are not allowed because of allergies.

Milk

Milk can be ordered for all pupils through our supplier 'Cool Milk'. All children under 5 are entitled to free milk in school, as well as those entitled to free school meals.

Water for all

The children are encouraged to drink water throughout the day. Your child may bring a water bottle into school but we would ask that you ensure that it is washed thoroughly every day. We highlight to parents the important link between hydration and levels of concentration. In addition, there are water fountains located around school. Juice is only allowed as part of a packed lunch and fizzy drinks are not permitted.

Teaching and Learning - Food across the Curriculum

At Arnold Mill, we aim to ensure all children are provided with ample opportunities to develop their knowledge and understanding of keeping healthy; healthy eating habits and lifestyle choices through cross curricular links with subject such as Science and Food Technology within DT, as well as topics taught within mandatory PSHE sessions. Here, weekly age-differentiated planning for Foundation 1 and 2 and KS1 and KS2 comes from the CORAM SCARF programme of study.

We also provide children with the option to join an extra-curricular afterschool Gardening Club. Here, we encourage children to:

- Use their senses as appropriate to describe and discover new foods
- Grow fruit and vegetables - sow seeds.
- Promote independence in choosing foods.
- Recognise the importance of keeping themselves healthy.

Celebrations, rewards and seasonal festivals

We celebrate achievements, birthdays, religious and seasonal occasions in a variety of ways that occasionally include treats. Children can bring fruit and other healthier alternatives to share on special occasions such as birthdays but we try not to encourage sweets/chocolate/lollipops. Parties are carefully planned with children considering the impact of their food choices on their health.

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 strive to support and reinforce the other. Parents and carers are regularly reminded and/or updated on our policies via the school newsletter and new parents are informed via the school starter packs.

Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and review

This policy will be reviewed every two years to take account of new developments. The next review is due in Summer 2026.