

St Patrick's Catholic Primary School

Healthy Schools, Food and Packed Lunch Policy

Rationale

St Patrick's School recognizes 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 recognizes the need to provide both a physical and social environment that is conducive to learning.

Mission, Vision and Values

Since our mission statement commits us to providing 'excellence in education', and the vision which has recently been adopted for the school has the ambition of achieving recognition as one of the top 5% in the country, it is vital that all aspects of the children's wellbeing including being well fed are properly catered for.

Following this policy will promote the virtues of justice, temperance, prudence and charity. These virtues are central to our values.

Aims

- To encourage the children to lead their lives in a healthy way physically, mentally and spiritually, recognizing that their bodies are temples of the Holy Spirit.
- To promote a whole school approach to a healthy way of life
- To encourage children and staff to make informed decisions on a healthy way of life based on positive attitudes and information
- To ensure that all children have as balanced a diet as possible
- 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 way of life
- 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 way of life 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 provide children with more choices as to how they use their playtime by the development of the school grounds
- To encourage KS2 children to choose a healthy snack at morning break time
- 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.

Policy into Practice

This policy should be read in conjunction with the Health and Safety Policy, the Safeguarding Policy, the leaflet from Camden Local Authority on the contents of a Healthy Packed Lunch, the Home School Agreement, the Behaviour Policy, and the guidance for Safer Working Practices.

Relationships with the catering company will be managed in the light of this policy and the school will follow guidance from Camden Local Authority on nutrition and on the content of a healthy packed lunch.

The school will take and follow appropriate advice from the relevant public health authorities with regard to sickness absence and responses to particular health related matters e.g. viruses.

The school will adapt a healthy schools approach to most areas of the curriculum; therefore evidence will be very cross curricular. Some topics such as 'Growth', 'Ourselves' and 'Healthy Diets' will cover most of our aims and objectives. Our pupils will experience most health education in the following areas:

P.E.

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

PSHE and Citizenship (Seal + SRE)

- PSHE/Seal/SRE issues will continue to be covered within the curriculum through topic work, personal targets for the children, classroom rules and targets, visitors and e.g. school nurse and visits
- Citizenship will be covered by the PSHE units

Design and Technology

- Through food technology topics within the year groups, some directly based on Healthy Eating

Science

- Through topics within the year groups which may be based on Healthy Eating topics or cover such issues as Sex Education

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

Gender Equality

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

Assessment and Monitoring

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

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 regular basis or when new legislation is available.