

St. John the Baptist RC Primary School



Healthy Eating Policy

St John the Baptist Roman Catholic Primary School Milton Lane Dartmouth TQ6 9HW Tel: 01803 832495			
Approved Date	Headteacher Signature	Chair of Governors Signature	Review Date

Mission Statement

As a school we are committed to the welfare of the individual child - spiritually, socially, morally, psychologically, physically as well as academically. As a Catholic School we are responsible for teaching the whole child in the Word of Christ as told in the gospels.

Background Information

St. John the Baptist RC Primary School is situated in the Diocese of Plymouth and is maintained by Devon Local Education Authority. The school primarily serves the Roman Catholic parish of Dartmouth. We are a small Catholic Primary School. We have a mixed catchment area, with a large percentage of children being drawn from the nearby Townstal estate. This area is highlighted as having one of the highest levels of deprivation in the South Hams area. We have a high number of children with Special Educational Needs. The school has an active PTA, which involves itself mostly in fund-raising and supporting the teachers.

Legal Requirements

Under the 2004 Children's Act, schools are required to respond to the Every Child Matters Agenda.

Healthy Eating makes particular reference to the following objectives:

- Children and Young People are physically healthy
- Children and Young People are mentally and emotionally healthy
- Children and Young People live healthy lifestyles
- Children and Young People achieve stretching national educational standards at primary school
- Children and Young People achieve stretching national educational standards at secondary school
- Children and Young People engage in decision making and support the community and environment

Aims of Healthy Eating

St. John the Baptist Catholic School recognises that in order for pupils to achieve their full potential, there is an important connection between a healthy diet and a pupil's ability to learn effectively, as a result of improvements in concentration and behaviour. The school also recognises the role the school can play as part of the wider community, to promote family health.

The school aims to:

- Improve the health of pupils and staff, and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues
- Present consistent, informed messages about healthy eating within school through all school practices
- Ensure the provision and consumption of food and drink is an enjoyable and safe experience for all and ensure pupils have easy access to water throughout the school day.

The school will work towards these aims in partnership with the parents/carers, catering staff and health professionals.

Other school policies which have relevance to Healthy Eating are:-

- PSHE and Citizenship
- DT/Food Safety
- Science
- Behaviour/Anti-bullying
- Special Educational Needs and Inclusion
- Children Looked After
- PE
- RE
- Drugs Education
- Health and Safety
- Equal Opportunities
- Teaching and Learning
- Confidential

Moral and Values Framework

The Healthy Eating element of the curriculum will reflect the school's overarching aims, and demonstrate and encourage the following values:-

- Respect for self
- Respect for others
- Responsibility for their own actions
- Responsibility for their family, friends, school and wider community.

Equal Opportunities Statement

St John the Baptist Catholic primary school is committed towards equal opportunities in all aspects of school life. All resources used and teaching and learning will support this commitment.

Content

The Healthy Eating programme will be revisited from year to year taking account of pupil's development and the spiral curriculum concept. The content of the Healthy Eating Education programme, including learning outcomes, will be based on the recommended programme using 'Health for Life' as a framework.

Organisation

Healthy Eating will be co-ordinated by the PSHE co-ordinator.

Delivery will be:-

- As topics
- Through planned aspects of PSHE, science, DT, geography and RE
- Addressed occasionally in assembly time
- Through special performances
- Through pastoral time e.g. circle time, an opportunity to discuss the emotional links with food
- Through story time
- Through the Early Learning Goals
- Through extra-curricular activities e.g. cookery clubs, gardening clubs
- Through special projects e.g. healthy eating sessions, tasting sessions, competitions

Specific Issues

School Fruit and Vegetable Scheme

The school is fully involved in the School Fruit and Vegetable Scheme which provides every child aged 4 to 6 with a free piece of fruit.

School Meal Provision

School meal provision meets the government's new nutritional standards. Food is produced at the Dartmouth Academy using Devon's Fresh Start Menu. This will change in April 2011.

Packed Lunches

Parents/Carers are encouraged to provide healthy packed lunches for their children. Healthy packed lunch suggestions are promoted on a regular basis. All packed lunches are stored away from direct sunlight at a cool temperature. Healthy packed lunches will be promoted through the School Council and the Community Dietician.

Water Provision

All pupils have access to drinking water at all times, at a number of points around the school. Pupils are also encouraged to carry water with them and have water bottles in all lessons at all times.

Growing Schools Scheme

The school has a gardening club. The pupils grow their own organic vegetables and herbs.

Teaching and Outside Agencies

At St John the Baptist Catholic School, SRE lessons will be taught by class teachers. Outside agencies will be used to support and assist the teachers in the development of the classroom based work. On rare occasions outside agencies may be involved in classroom based work as part of the developmental programme following discussions and negotiation. They will be required to work within the school's moral framework outlined earlier. Lessons will only have a teaching input from any one other than the class teacher when it is clear that they can bring an enhancement. In this incidence these sessions will be jointly planned and run jointly between teaching staff and visitors and the class teacher will be present at all times. The schools procedures for working with external agencies and teaching and learning policy will be followed, including criminal record bureau checks.

Dissemination of the Policy

All staff members and governors will receive a copy of this policy. A copy can be made available to view in the office upon request, and a short summation is included in the school prospectus. A copy of the policy is also available on the school web-site.

Assessment and Recording

Teachers assess the children's work in Healthy Eating both by making informal judgements as they observe them during lessons and by doing formal assessments of their work, measured against the specific learning objectives set out in the National Curriculum. We have clear expectations of what the pupils will know, understand and be able to do at the end of each key stage.

Monitoring and Review

The PSHE co-ordinator (head teacher) is responsible for monitoring the standards of children's work and the quality of teaching. The co-ordinator supports colleagues in the teaching of Healthy Eating, by giving them information about current developments in the subject and by providing a strategic lead and direction for the subject in the school. Visits to the school will be arranged from any relevant representative from a partner organisation who is involved in supporting the PSHE provision.