



**CHRIST CHURCH MORETON C of E PRIMARY SCHOOL**

# **Healthy Schools Policy**

**Policy Reviewed: Autumn Term 2019**

**Date for Next Review: September 2022**

**Signed: \_\_\_\_\_**

*Love must be completely sincere. Hate what is evil, hold on to what is good. Love one another warmly as Christians, and be eager to show respect for one another. Work hard and do not be lazy. Serve the Lord with a heart full of devotion. Let your hope keep you joyful, be patient in your troubles, and pray at all times.”*

*Romans 12:9-12*

### **Mission Statement**

***Together we can do all things through Christ who strengthens us***

Our mission is to love all children who are part of our community helping them develop respect, tolerance, self-confidence and to become the best they can be.

We will support our children to develop their God given gifts to the full and encourage a life-long passion for learning which will successfully lead them into secondary school and beyond.

As a church school at the heart of Moreton community, our work is underpinned by the Christian values of *friendship, humility, forgiveness, compassion, justice and service* which Jesus helps us to achieve.

We are a welcoming, caring and inclusive school committed to working in partnership with parents, governors, Christ Church and Chester Diocese Academy Trust.

We strive to provide a rich and varied curriculum which reflects God's concern for the whole child; promoting spiritual, moral, cultural, physical and emotional wellbeing alongside academic excellence and independence.

As a school community, we all work together to provide the very best for our pupils and families; firmly believing that:

*Together we can do all things through Christ who strengthens us*

## Introduction

At Christ Church, we recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps to promote healthy eating habits for life. We believe that healthy children are best able to take full advantage of the educational opportunities that our school provides.

Our school community encourages children to develop skills and attitudes that will help them make informed healthy choices both in and out of school. This is why we felt it was so important to choose a hot school meal provider who would be able to work closely alongside us, to ensure that the food provided would not only support our school ethos and healthy school policy but also be enjoyed by children! In order to reflect the importance of healthy eating, the Governing Body will ensure that food provided in the school and advice given to pupils actively promotes a healthy lifestyle.

Healthy eating is explicitly addressed within the Science, PSHE, PE and Design & Technology curriculum.

Each curriculum subject will be developing a range of skills and understanding that will contribute towards these areas. There are also opportunities for cross-curricular coverage of healthy lifestyles. A wide range of teaching approaches and resources are used to deliver the curriculum. Visitors who are able to support class teachers include the school nurse and children's services.



## Healthy Meals

The catering consultants that we use at Christ Church are RPJ3. The kitchen team, managed by Mrs Cheryl Jackson, was awarded a 5 star hygiene rating, in 2019, by the Health and Safety Food Standards Agency.

### Sourcing Food

All food is sourced locally, including local butchers, and homegrown family-run farming companies.

### Storing Food

Food is stored at a suitable temperature, covered and dated. Records are kept daily; including fridge and freezer temperatures.



### Preparing Food

All fresh produce is washed, prepared (chopped, diced, peeled) and portioned daily.



### Menu Choices

Pupil Voice is taken into account when deciding on menu choices. All options are balanced meals with a % of red meat, dairy and fibre taken into account. All menus are also based around the advice from the Children's Food Trust as revised in January 2015.

Menus are on a 3 week rolling programme and are changed seasonally.

### Serving Food

Food is served by staff that all have achieved the Food Hygiene Qualification, Section 2. All staff wear a uniform, apron and gloves when handling food. Children are encouraged to try at least one item from the fruit and vegetable counter.



## **Allergies**

If a child has a food allergy, special consideration is given towards this. The catering manager will meet with a teacher, SENCO (if required), parents and the child (where appropriate). An individual menu is created for the child, with the help of medical reports from allergy specialists (when available). The catering team also like to familiarize themselves with the child who has particular allergies and can ensure that no cross-contamination is possible.

## **Healthy Snacks & Drinks**

All Infant children are provided with a healthy snack at morning break. Older children are welcome to bring their own healthy snack and fruit and vegetables are encouraged.

Children are encouraged to bring water bottles to school to ensure that they keep hydrated throughout the day. Classes also have clean plastic cups and taps for children to access water to drink. In particularly warm weather children take drinks outside on the playground.

Milk is provided for infant children free of charge up to the age of 5years and can be purchased by parents for those children over the age of 5.

## **Healthy Lunchboxes**

Whilst the vast majority of pupils enjoy school prepared meals, families also have the choice of sending their child with a packed lunch if they do not wish to have a school meal.

At Christ Church C of E Moreton we pride ourselves on being a Healthy School. We strive to improve the health and welfare of our whole school community in line with our whole school approach to health and nutrition. Nutritionally, lunch is an important meal and should be viewed as part of a balanced diet. We understand that it is a parent's responsibility to plan and provide this balanced diet and our responsibility to support parents and the children in achieving this aim via our fresh food school meal service as well as offering professional advice on packed lunches.

To this end, we ask parents who elect to provide a packed lunch to follow our guidance. Should any parent wish their children to eat foods not included below, we ask that they provide these outside of school hours for the simple reason that this assists maintaining harmony and clarity to meet the needs of all Christ Church Children. This policy is the product of consultation with our catering advisors and follows guidance from the Food Standards Agency and school food plan.

Packed lunches should also provide a balanced meal and should not contain foods that other children may be allergic to (such as nut content). We ask that parents do not send children with glass containers, fizzy drinks, energy drinks, sweets or chocolate and support the school in developing healthy attitudes to food. The school food standards do not allow confectionary to be served in schools and guidance from the Food Standards

Agency and school food plan suggests that packed lunches should contain the following or similar items:

- **A sandwich style mainstay:** e.g. a sandwich, baguette, pasta salad, wrap, stuffed pitta bread.
- **A piece of fruit/other dried fruit selections.**
- **Dairy:** a pot of yogurt is ideal:
- **A drink:** water is best. Fruit juices are acceptable. **No fizzy drinks, cans or bottles.**

Lunchboxes could also contain;

- A biscuit/cake/cereal bar that isn't too high in sugar

We recognise that parents are responsible for what their young children eat and want to work with families to develop healthy habits. We also understand that families may wish to treat their children from time to time outside of school as part of their balanced diet.

Naturally, if for any medical reason a child cannot eat a meal as described, please speak to the catering manager Cheryl Jackson. For further information, our Food and Nutrition Policy is available on request and you can also access more information from [www.food.gov.uk](http://www.food.gov.uk)

### Active Children

At Christ Church, we actively promote healthy lifestyles. All children receive their statutory entitlement of Physical Education time.



Children also have an outdoor playtime every morning and at lunch time. During these times, staff will encourage children to play football, skipping, basketball, running and other physical activities. Our PE Co-ordinator organises numerous competitive activities and sports events to keep our children active and we have external expertise from specialist sports, team building and forest school companies. Children also participate in daily physical activities to keep their bodies fit and their minds healthy and ready to learn.

## PSHE

We follow the 'Go Givers' curriculum which is an initiative of the Citizenship Foundation, an independent education and participation charity that encourages and enables young people to engage in democratic society. Their materials have been developed by a team of former primary school teachers in England and is based upon the teachings of the Church of England.



The programme focuses on raising standards across the curriculum by stimulating children's imaginations, developing empathy and providing opportunities for critical thinking and problem solving. All classes have a timetabled slot for PSHE and this educates children on making informed decisions to stay healthy.

## Healthy Minds

At Christ Church, we want our pupils to be successful, confident learners and responsible citizens. We recognise the importance of both the academic and personal development, and well-being of every child in our school.

The DfE have reinforced the need 'to create and enforce a clear and rigorous expectation on all schools to promote fundamental British Values of democracy, the rule of law, individual liberty and mutual respect and tolerance with those with different faiths and beliefs.' The Prevent strategy provides further guidance on how schools can ensure that children know right from wrong, mix and share with other children and value others' views.

We also want children to know the differences between themselves and others, challenging negative attitudes and stereotypes. Positive learning attitudes and a growth mind-set culture is actively encouraged. Our wider broad and balanced curriculum promotes this development across all subjects.

We recognise that at times in their lives, children may experience difficulties that impact upon their mental health and wellbeing. Whilst school staff do not have specific expertise in this area, we have a lot of resources and experience to assist children and work closely with specific agencies and professionals to access support.

Our named CAMHS contact officer is Mrs Thornton (SENCO) who is the first point of contact from Child and Adolescent Mental Health Services. Concerns are raised by parents and staff to Mrs Thornton, who contacts CAMHS for a consultation and for advice. Alternatively, parents may wish to call the CAMHS Advice Line themselves and Mrs Thornton can direct them to this service. Our family Mentor, Mrs Gill Baker, is trained to provide support for pupils with emotional needs and our Team Leader for Social, Emotional and Mental Health, Mrs Sarah Deeks, links with other agencies and provides wellbeing support for teachers, pupils and families.



Healthy minds are further supported through Bereavement Counselling, Pressure Point Services, Circle of Friends and Socially Speaking interventions.

## **Physical Activity**

Our vision at Christ Church is to provide our children with a wealth of physically enriching opportunities that enables them to have the confidence to explore the wider world. Through these experiences the children will develop the resilience to cope with life's challenges. Children aspire to achieve their personal best and have the awareness of how to improve. They will have the capability to persevere when faced with challenges and maintain a Healthy Growth Mind-Set. Through physical activity the children will learn skills that they can apply in an ever changing society as citizens of the future. This will shift the attitudes of the whole school community to believing anything is possible!



Children will develop their skills and attitudes through the following- Military School Education, Forest Skills, Competitions and fixtures, Curriculum Maps, Sports Coaches and Out of School Experiences and Educational visits.

## **Family Support**

If a family requires any additional support, possibly with boundaries or managing the behaviour of children, or if there has been a bereavement and a child requires some additional support, then families are encouraged to seek the help that we can provide at Christ Church and particularly the support available from our Family mentor.

School can offer advice or signposting families to relevant agencies. Families that require financial support may be assisted with Family Pack Vouchers, be referred to Christian's Against Poverty, or provided with Foodbank vouchers or a referral to Safe Families.

If there is more than one agency working with a family, school may lead a Team Around the Family (TAF) process to target this support in a joined up approach with other services. If families are in need of further help then referrals into Children's Services will be made.

