

# HEALTHY SCHOOL POLICY



**Developed: 2014-15**  
**Review: 2021-21**

## **RATIONALE**

In recent times the health of children has become a major concern. At Phoenix IPS we are committed as a Healthy School to promoting good health to support successful learning. We plan to implement a Healthy Schools programme in line with the following Government guidelines:

- **Working Towards Healthy Schools:** A Toolkit to Assist School Development Planning For Health
- **Investing for Health**, (March 2002)
- **Fit Futures:** Focus on Food, Activity and Young People (December 2005),
- **The Education (School Development Plans) Regulations** (NI), (2005)
- **Every School A Good School**, A Policy for School Improvement, (April 2009)
- **Together Towards Improvement**, A Process for Self- Evaluation, (ETI)

## **AIMS** (Adapted from the Health Promoting School Criteria)

- To ensure that the school provides a safe, secure and stimulating environment where pupils can reach their highest potential.
- To actively promote self-esteem and self-confidence in developing the skills to make choices and take responsibility for all health-related issues.
- To develop throughout the school healthy relationships, respect and consideration for others.
- To co-ordinate, implement and review regularly, a range of health-related policies for staff and pupils.
- To facilitate a cross-curricular approach to the promotion of health and wellbeing.
- To provide the school community with a wide range of activities which promote a healthy lifestyle.
- To liaise closely with parents/guardians and the wider community on a range of health-related initiatives.
- To effectively utilise a range of appropriate specialist external agencies in the promotion of health and wellbeing.

## **OBJECTIVES**

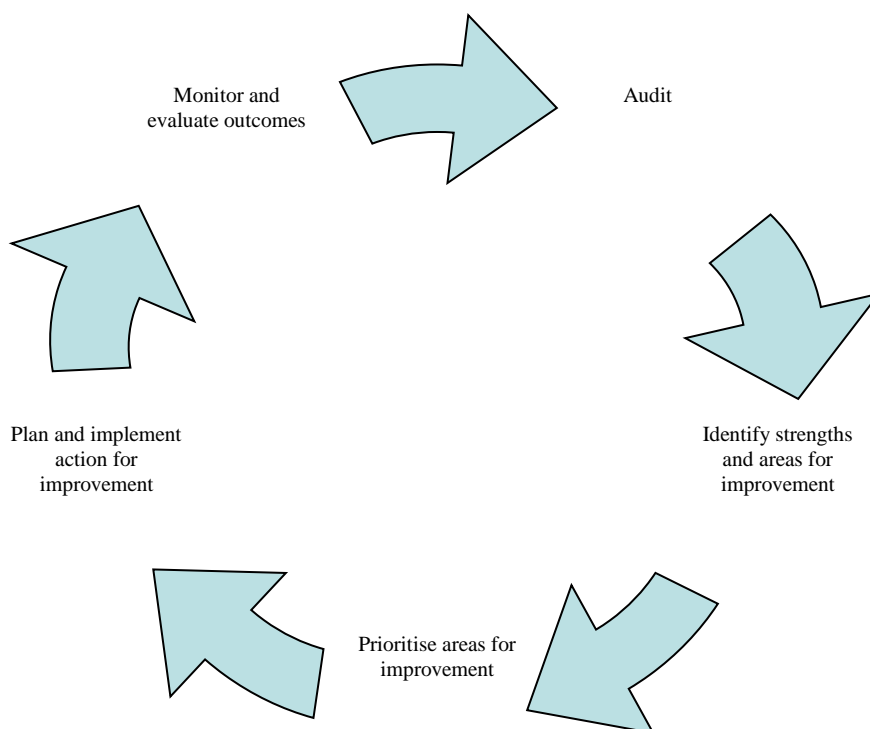
To achieve our aims, the school will develop a Health Team comprised of:

- staff members (teaching and non-teaching),
- pupils,
- parents,
- relevant outside agencies,
- representative from Board of Governors,
- other co-opted members as appropriate.

This team will assume overall responsibility for the promotion of a healthy lifestyle throughout the wider school community. They will ensure the development, co-ordination and implementation of health-related policies and activities throughout the school, including the formal and informal curriculum.

## **THE PROCESS**

Self evaluation is the foundation for continual school improvement. The school will implement guidelines as outlined in “Every School a Good School” and “Together Towards Improvement” to complete the process of development planning. This is represented in diagrammatical form below:



## **Auditing**

### Appendix 1: Healthy School Audit.

In the audit we will assess how our school matches quality indicators under each of the eight Health Promoting School Criteria, using the four characteristics of a successful school from Every School a Good School:

- Child- centred provision
- High Quality Teaching and Learning
- Effective Leadership
- A School Connected to its local Community

## **Action Planning for Improvement**

### Appendix 2: Action Plan for Improvement.

Our Action Plan will identify strengths and developmental needs along with the strategies we will use to bring about improvement.

## **Monitoring and evaluation.**

Since this is a whole school initiative, it is vital that all members of staff and pupils play a role in the process. The Coordinator is responsible for overall coordination, monitoring and evaluation of this process.

Appendix 3 is a list of links to possible methods of collecting quantitative and qualitative data.

## **SCHOOL FOOD**

The policy will follow guidelines presented in the following Government documents:

- School Food the Essential Guide: Establishing a Whole School Food Policy, HPA, DENI, DHSPSS, (2008)
- Nutritional standards for other food and drinks in schools: A guide for implementation, HPA, DENI, DHSPSS, (2008)
- New Nutritional Standards for School Lunches and Other Food in Schools, DENI (2008)

## **POSITIVE LUNCHTIME EXPERIENCE**

It is our intention that all pupils will have a positive lunchtime experience and make our mealtimes a social occasion. Systems are in place to monitor the quality of the meals, level of consumption and ensure that they meet the “New Nutritional Standards for School Lunches and Other Food in Schools”.

Our school will monitor lunchtime arrangements to ensure fairness in pupil service e.g. through table rotation. Supervisors will be trained in friendly supervision techniques.

We will actively promote and encourage parents to provide nutritionally well- balanced packed lunches that are high in protein, fibre and water and low in fat, sugar and salt.

## **FOOD WITHIN THE SCHOOL**

- **Breakfast Club**

We are aware of the importance of a balanced breakfast that is high in protein. This facilitates pupils being alert and ready to learn.

- **Taught Curriculum**

We acknowledge and promote the significant contribution of various subject areas such as Home Economics, Physical Education, Science etc. in developing Healthy Eating practices.

- **Rewards**

Where snacks or confectionary are used as part of a reward system, they must conform to the requirements as outlined in “Nutritional standards for other food and drinks in schools: A guide for implementation”.

## **WATER**

It is our intention to provide free, chilled water through the provision of classroom sinks. These are placed in every classroom and are easily accessible to all children.

## **CONSULTATION**

It is our intention to liaise with pupils, parents and staff in guiding food policy and practice in our school. We will achieve this through various consultation methods, e.g. Questionnaires, focus Groups etc. Where possible, feedback will be given to parents on their children’s food consumption in the canteen.

## **CULTURAL DIVERSITY**

As a school we appreciate the diversity of culture within our community. This is reflected in the food choices available in our canteen.

## **MEDICAL NEEDS**

Our school’s meal service will cater for pupils who have special medical conditions. It is the responsibility of The Coordinator to communicate this information to the catering supervisor.

## **MONITORING AND EVALUATION**

Since this is a whole school initiative, it is vital that all members of staff and pupils play a role in the process. The Coordinator is responsible for overall coordination, monitoring and evaluation of this process.

Appendix 3 is a list of links to possible methods of collecting quantitative and qualitative data.

## **Appendix 1**

### **Healthy Eating Audit Checklist**

Completed -May 2014

Food Area	Response/Evidence
<b><u>Healthier Breakfast club</u></b> <ul style="list-style-type: none"><li>• Is breakfast club provided?</li><li>• If so are healthy food and drinks provided and promoted?</li><li>• Does it meet the nutritional standards for other food and drinks in school?</li><li>• What does it sell? Does it provide choice? Do pupils and staff use it?</li></ul>	<ul style="list-style-type: none"><li>• Yes, funded through Extended Schools program.</li><li>• Yes</li><li>• Yes</li><li>• Toast (50/50 bread), pancakes, muffins, milk, water, orange juice.</li></ul>
<b><u>Healthier Tuck Shop</u></b> <ul style="list-style-type: none"><li>• Does your school operate a tuck</li></ul>	<ul style="list-style-type: none"><li>• Healthy Snack provided in Year 1(</li></ul>

<p>shop or a healthier break scheme?</p> <ul style="list-style-type: none"> <li>• If not is there a need? What are the barriers?</li> <li>• If so are healthy food and drinks provided and promoted?</li> <li>• Does it meet the nutritional standards for other food and drinks in school?</li> <li>• What does it sell? Does it provide healthy choices? Do pupils and staff use it?</li> <li>• Do pupils and staff want to see any changes made to current provision?</li> </ul>	<p>extended schools funding)</p> <ul style="list-style-type: none"> <li>• Lack of suitable space for a tuck shop.</li> <li>• Fresh fruit provided in Year 1.</li> <li>• Yes</li> <li>• Fresh Fruit of a wide and seasonal variety provided.</li> <li>• Provision of a tuck shop will be considered following building work.</li> </ul>
<p><b><u>Healthier Lunchboxes</u></b></p> <ul style="list-style-type: none"> <li>• Is support provided for pupils and parents about healthier lunchbox choices?</li> <li>• If so what is it?</li> <li>• If not, what can the school do to support parents?</li> </ul>	<ul style="list-style-type: none"> <li>• No</li> <li>• Parent workshops Literature Pupil workshops</li> </ul>
<p><b><u>School lunch</u></b></p> <ul style="list-style-type: none"> <li>• Do you work with the school catering to review school lunch uptake, choice and cost?</li> <li>• Are healthy food and drinks provided and promoted in line with nutritional standards for school lunch?</li> <li>• Does the food on offer meet or exceed the minimum standards for school lunches? How do you know?</li> <li>• Are pupils entitled to free school meals integrated or do they have to queue separately for tokens? Do you use a cash or cashless system?</li> <li>• Does your school promote school lunch eg theme days, competitive pricing or healthier eating? If so how? Is it successful? How do you know?</li> <li>• Is training available for catering and dining staff, which supports them to provide healthy options?</li> <li>• Is drinking water freely available during lunchtime?</li> </ul>	<ul style="list-style-type: none"> <li>• Yes</li> <li>• Yes</li> <li>• Yes, catering staff maintain daily contact with catering providers to ensure nutritional standards are being met.</li> <li>• FSM are integrated and a cashless system is operated within the school.</li> <li>• Theme days- 10 Year celebrations, Chinese New Year, World Book Day have been very popular among pupils.</li> <li>• Yes</li> </ul>

	<ul style="list-style-type: none"> <li>• Yes, milk is also available.</li> </ul>
<p><b><u>Food in the school</u></b></p> <ul style="list-style-type: none"> <li>• Where do children eat their packed lunches? Can they sit with their friends or is a special area provided? Where do they store their lunchboxes?</li> <li>• Does your school dining room provide an attractive sociable environment? Is there adequate seating?</li> <li>• What is the school lunch rota and timing? Does this work effectively? How do you know?</li> <li>• Do staff eat with pupils? If so why? If not why not?</li> <li>• Is the queuing system fair? Are there any difficulties?</li> <li>• Does your school operate any specific food policy, eg fruit only break times or restricting certain food products?</li> <li>• If so why?</li> </ul>	<ul style="list-style-type: none"> <li>• Children currently eat their packed lunches in classrooms due to lack of space in multi-purpose room. Lunchboxes are stored with their school bags on pegs or in drawers.</li> <li>• Multi-purpose room which is large enough to allow for F/KS1 dinners to eat together; KS1/2 dinners to eat together.</li> <li>• Year 1-3 first lunch session 12:00 - 12:20pm; Year 4-7 lunch session 12:25-12:45pm. Works very efficiently.</li> <li>• No, staff eat in the staff room.</li> <li>• Children queue in their class order.</li> <li>• Healthy Breaks policy, No nuts</li> <li>• Guidance to reduce plaque and sugar intake; nut allergies.</li> </ul>
<p><b><u>Drinking</u></b></p> <ul style="list-style-type: none"> <li>• Does your school provide access to drinking water throughout the day? Is it hygienic? Are there sufficient water dispensers available? Are pupils encouraged to drink water and carry water bottles with them? Is special provision made during hot weather or after physical activity?</li> <li>• Are you aware and are parents aware of pupil eligibility for subsidised milk through the EU School Milk Subsidy Scheme?</li> </ul>	<ul style="list-style-type: none"> <li>• Yes, taps are available in all classrooms. Children are encouraged to bring water bottles everyday. Yes children are encouraged to access fresh water regularly.</li> <li>• Yes, milk provided to all pupils during lunchtime.</li> </ul>
<p><b><u>General</u></b></p> <ul style="list-style-type: none"> <li>• How are different aspects of food education financed eg ingredients?</li> <li>• Do staff attend professional development to update their skills, knowledge and understanding in food related issues? What about</li> </ul>	<ul style="list-style-type: none"> <li>• School budget, extended schools program, class teacher.</li> <li>• Yes, catering staff have all received food hygiene training. Informative</li> </ul>



staff teaching aspects of food with no formal training; what support do they receive?	resources available on shared staff resources.
<b><u>Extracurricular Activities</u></b> <ul style="list-style-type: none"> <li>• Does your school offer extracurricular activities? Does your school fund these activities?</li> <li>• If yes list them. Are they well attended? Are they effective?</li> <li>• Do they support nutritional standards for school food and drink?</li> <li>• If no, why not? What are the barriers? Would staff, pupils and parents welcome the opportunity?</li> <li>• Is there the potential to link these activities into the formal school day?</li> </ul>	<ul style="list-style-type: none"> <li>• Yes- baking club; funded by Extended Schools Program.</li> <li>• Yes, attendance taken and regularly full attendance has been attained.</li> <li>• On occasion.</li> <li>• Promotes treats as an acceptable part of a nutritious and balanced diet.</li> <li>• Yes, theme days, Pancake Tuesday.</li> </ul>
<b><u>Pastoral Care</u></b> <ul style="list-style-type: none"> <li>• Are strategies in place to address behaviour and bullying particularly linked around food and lunch time activities?</li> <li>• Are all staff, parents, governors and visitors aware of the policies in dealing with pupil healthy and wellbeing?</li> <li>• Is information or training provided to enable staff and parents to have an informed understanding of food issues?</li> <li>• Does the school have a procedure for identifying children who are at risk, eg failing to thrive, allergies, eating disorder, overweight or obese, dietary related condition?</li> <li>• Does the school promote and monitor the uptake of free school meals?</li> </ul>	<ul style="list-style-type: none"> <li>• Yes, behaviour policy.</li> <li>• Yes all members of staff have access to the policies.</li> <li>• Yes, shared resources are available.</li> <li>• Yes</li> <li>• Yes</li> </ul>
<b><u>Promotion</u></b> <ul style="list-style-type: none"> <li>• Are the achievements by pupils promoted internally and externally to the wider community?</li> </ul>	<ul style="list-style-type: none"> <li>• Yes, Facebook, Twitter, school website, local newspapers, whole school assembly.</li> </ul>

## Appendix 3

### Monitoring and Evaluation

- Pupil survey
- Parent Questionnaire
- Monitor uptake of school meals

Appendix 2/3 Action Plan and Monitoring and Evaluation.

## Appendix 4

### Guidance lists for Lunchboxes

<b>Examples of foods which are acceptable</b>	<b>Examples of foods which are unacceptable</b>
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<ul style="list-style-type: none"> <li>• Fresh Fruit</li> <li>• Fresh vegetables</li> <li>• Cheese</li> <li>• Yogurt</li> <li>• Sandwiches</li> <li>• Pasta</li> <li>• Salad</li> <li>• Rice</li> <li>• noodles</li> <li>• Crackers</li> <li>• Pancakes</li> <li>• Pitta pockets</li> <li>• Wraps</li> <li>• Bread sticks</li> <li>• Seeds</li> <li>• Fresh Fruit juice</li> <li>• Cereal bars</li> <li>• <b><u>1 small</u></b> treat as a dessert – biscuit, jelly, funsize bar</li> </ul>	<ul style="list-style-type: none"> <li>• Processed foods e.g. sausage rolls, pies</li> <li>• Crisps</li> <li>• Fizzy drinks e.g. coke, mineral water, flavoured water; with added sugar.</li> <li>• Chocolate bars regular size e.g. mars, milky way.</li> <li>• Sweets</li> </ul>
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