

# Rushbrook Primary Academy

## Healthy School Policy



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A member of Bright Futures Educational Trust



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All information used in our policies is in accordance with the Data Protection Act 2018 and General Data Protection Regulations (GDPR).



# Healthy School Policy

## 1. Introduction

At Rushbrook Primary Academy, we are committed to being a Healthy School and therefore have developed a policy which reflects our school ethos. We are aware of rising obesity levels in children across Manchester and the impact that food can have on the development, health and behaviour of children.

There is a clear link between physical and mental wellbeing. We encourage children to be active every day. One of the ways we do this is through the 'Daily Mile'. All pupils in school spend 15 minutes running, jogging or walking round our Daily Mile track every day. Children and adults take part at their own pace. They are encouraged to run a little further each time and to set themselves an individual target to achieve. Research shows that the Daily Mile has a positive impact on maintaining a healthy weight, keeping the body healthy, emotional well-being and even attainment.

## 2. Definition

It is important that healthy eating messages are consistent throughout the school day and therefore a whole school approach has been adopted. Children, parents/carers and staff are aware of the healthy eating ethos of school as it is consistently reflected through the following:

- Formal curriculum e.g. cooking and nutrition, design and technology, science and PSHE.
- Extra-curricular activities and participation in local and national events and initiatives, e.g. national Healthy Eating Week, Veg Power.
- Provision of food and drink at school, e.g. breakfast club, school lunch, drinking water/milk, snacks, use of food and drink as a reward and special occasions.
- Consumption of food and drink at school e.g. dining room environment, style of service, timings, commercial food vans, pupils bringing food to school, i.e. lunch boxes, snacks and drinks.
- Inclusivity – special diets, cultural and age (portion size)

## 3. Legal/National Requirements

New School Food Standards were announced on 17th June 2014. From 1<sup>st</sup> January 2015, all local authority maintained schools, academies and free schools set up before 2010 and created from June 2014 onwards must meet these new standards for school food. (For more information on these regulations visit <http://www.schoolfoodplan.com/standards> )

Governing bodies have a responsibility to provide the following meals services within schools:

- Free School Meals – to those pupils who are entitled to a free school meal (FSM).
- Paid School Meals – to any other pupil within the school whose parents have requested that a meal is provided.
- Facilities to eat Packed Lunches – to enable pupils who have brought food from home to eat it. Pupils cannot be charged for the use of facilities.



#### **4. Ethos and Values**

At Rushbrook Primary Academy, we believe that children are entitled to receive both good quality healthy eating education and food provision. It is important that healthy eating messages are consistent throughout the school day and therefore a whole school approach has been adopted. Children, parents/carers and staff are aware of the healthy eating ethos of the school as it is reflected in before and after school provision, snack and lunchtimes, treats and rewards.

#### **5. Aims**

We aim to encourage our children to develop healthy eating and drinking behaviours. We will promote clear and consistent messages about food, drink and nutrition through the provision of food and drink, in all other aspects of school life and in conjunction with parents/carers.

#### **6. Objectives**

##### **a) National Curriculum**

We aim, through food and nutrition education to enable children and young people to make healthy informed choices by increasing knowledge, changing attitudes and enhancing skills. Food and nutrition education is a progressive and developmental curriculum. We will regularly review the curriculum to ensure that information is up to date and consistent and that a cross-curricular approach is utilised as a vehicle for delivering messages about healthy eating. Teachers are confident in having the knowledge, skills and resources to deliver the food and nutrition curriculum.

##### **b) Special diets and allergies:**

Special diets and allergies are taken into account when preparing school meals and the kitchen staff are fully aware of the needs and requirements of these certain individuals. The meal provided will be kept separate from the other children's meals to prevent any cross contamination. This could include nuts, eggs, dairy etc.

The school recognises that some pupils may require special diets for medical reasons that do not allow for standards to be met exactly. For example, a diabetic child may need to bring an emergency sweet snack to school. In these cases parents and carers are responsible for ensuring the food from home is specific for the child's needs. The school does not allow the swapping or giving away of food items between pupils, as there is the potential for an adverse reaction. (e.g. Nut allergy).

##### **c) School meals**

We aim to provide our children and young people with the opportunity to eat a healthy, balanced meal that is culturally acceptable and meets the national nutritional standards. We use Taylor Shaw, who specialise in provision for the Education market and who meet all nutritional and dietary standards. The menus have been adapted to ensure that there is consistency between the food served and that which is brought in from home.

##### **d) Breakfast**



We encourage children to eat breakfast before attending school and we promote our school's breakfast club. The school will provide free breakfast for all pupils who attend our breakfast club.

Breakfast club is provided from 8am until 8.45am in the main hall for Year 1 – Year 6 pupils; staff escort the children from Breakfast club to their classrooms ready for the start of the school day. Nursery and Reception Breakfast Club is provided from 8am – 8.45am in a Nursery classroom. Children are escorted to their classes at 8.45am ready for the start of the school day.

**e) Packed Lunches**

We encourage parents/carers to provide pupils with a healthy, varied packed lunch each day. We will inform parents regularly through newsletters about the importance to the health of a child of a balanced healthy packed lunch. Further details about what should be included and what should not be included in your child's packed lunch is listed in Appendix A.

**f) Break-time Snacks**

Foundation and KS1 children are provided with fruit and vegetables to snack on. In KS2 children are welcome to bring in a piece of fruit to have whilst out at playtime.

**g) Rewards/treats**

It is a whole school approach not to provide sweets or biscuits within the school day as rewards, thereby avoiding causing confusion and mixed messages to pupils. We also request, therefore, that you do not send in any kind of sweet treat on your child's birthday. At certain times within the school year there will be a relaxation of the policy to celebrate a festival or the achievements of the pupils or to support the raising of funds. These may include:

- End of Year parties
- Eid
- Easter
- Christmas
- Certain Fund Raising Events: e.g. Macmillan Coffee Morning, Red Nose Day, Children in Need.

This will be clearly communicated to parents in advance.

**h) Water**

We actively encourage children to bring in a bottle of plain water each day. Water is easily accessible to all pupils throughout the day through access to taps/fountains in classrooms. The school water supply is regularly tested and conforms to water hygiene standards. Staff are encouraged to drink water in the classrooms thereby acting as role models.

**i) Parents**

We will continually inform and educate parents about healthy eating, signposting them to other agencies/organisations for information and advice when appropriate. These will be communicated





through Friends of Rushbrook, the school website and the weekly newsletters. Please see appendices for some key information about healthy eating.

The school will ensure that there is a consistent approach and that parents are kept updated of any new legislation. We will promote the policy during school events such as parents evenings and Healthy School Week as part of a whole school approach to healthier eating.

The school nurse and Healthy School Lead work in partnership with school to promote healthy eating and prevent and/or reduce obesity levels.

#### **j) Staff Training**

We endeavour to provide opportunities for all members of staff to receive training to improve their skills and knowledge around encouraging healthier eating in school e.g. staff members to attend Healthy Schools training delivered through INSET, the Healthy Schools PSA training – ‘Food for Parents’ and the Lunchtime Organiser training.

### **7. Implementation**

This policy will be implemented through:

- Training with all staff groups
- Information sharing with pupils and parents (Newsletters/Website)
- School events e.g. Parents’ Evening
- Cross-curricular teaching sequences

### **Review and Evaluation**

- The policy will be reviewed annually by the Healthy School Lead, supported by the Head of School, Pupils, Parents, our school meal provider, teaching staff and the governing body.
- This will include an evaluation of teaching and learning activities, staff training and the monitoring of food choices. The impact on healthy eating in school will be assessed by looking at feedback from teaching staff about behaviour and concentration of children eating a packed lunch and pupil voice.

### **8. Breaches of Policy**

#### **Staff**

Staff must ensure that unhealthy food/ drinks are kept in the staffroom out of children’s view. What staff consume is of course their choice, but if we are promoting healthy eating we have to be role models and be seen to be doing the same.

As with all other school policies all staff are under a contractual obligation to uphold the policy.

#### **Taylor Shaw – School Meal Provider**

Regular meetings take place to discuss and review the school menu to ensure it is in line with our Healthy School Policy. We collaborate on events and projects to promote our whole school ethos



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such as contributing to the weekly newsletter with healthy recipes for parents/ carers and delivering food and nutrition classes for groups of children.

### **Parents**

Any items that breach the policy will be sent home with the child and the parent contacted to discuss this further.

If the lunchboxes contains item/s that contravene the policy, then children will be given a healthier option to eat.

Contact will be made with any parents/carers, if a child regularly brings items that do not conform to the policy, to establish a way to move forward.

A copy of the Healthy Food and Drink Policy can be found on the school website [www.rpa.bfet.uk](http://www.rpa.bfet.uk)

Written: March 2017

Review: Annually

Ratified by Governors: 2017



## Appendix A

### What to include and what not to include in your child's lunch box



- At least one portion of fruit and one portion of vegetables every day. A portion size for a child is roughly the amount they can fit into their hand.
- A starchy food such as bread, pitta bread, potatoes, pasta, couscous, tortilla wrap, noodles or crackers (plain).
- A portion of beans, pulses, egg, meats or other proteins. Ideas include: hummus, tuna, lean ham, mackerel, cooked chicken, turkey, hard boiled eggs, chickpeas, beans and pulses in salads or lentil curry.
- Dairy (and alternatives) foods are needed for strong bones and healthy teeth. Ideas include: yoghurt, fromage frais or cheese.
- Plain water or milk.

Please check the sugar content of products. Items claiming to be healthy often have a high sugar content. As a guide, four grams of sugar equals one teaspoon of sugar. The recommended maximum daily amounts of sugar for children are as follows:

**Aged 4 – 6 years 5 teaspoons (approximately 19g)**

**Aged 7 – 10 years 6 teaspoons (approximately 24g)**

**From 11 years 7 teaspoons (approximately 30g)**



- Jam/chocolate/crisp sandwiches
- Confectionery such as chocolates, sweets or cakes.
- Pastries
- Processed meat products such as individual pies and corned meat
- Pizza and similar 'fast food' takeaway products.

#### Packed lunches could include:

- A small packet of crisps. Why not try baked crisps? They can contain up to 70% less fat than regular crisps.
- A portion of savoury crackers, breadsticks or plain biscuits only.

Whilst this is not a definitive list, we trust you will adhere to our Healthy School Policy and make decisions in accordance with our ethos.



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## Top Tips

Here are some tried and tested tips for parents, why don't you have a try too?

- Limit choice – don't ask your children what they want for lunch but offer 2 – 3 choices or get your child to help plan a week's menu
- Involve your child in preparing their lunchbox
- Talk to your child about why it is important to eat healthier foods
- Don't reward children with unhealthy foods
- Eat the same foods as your children
- Don't expect miracles overnight – take a gradual approach to changing your child's lunchbox
- Keep getting your child to try foods that they don't like in different formats.





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## **Appendix B**

### **Eatwell Guide Diagram**



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## Appendix C

### Useful Links

#### **Sugar Smart App**

Available from the app store, more information here:

<https://itunes.apple.com/gb/app/change4life-sugar-smart/id1015850256?mt=8>

#### **Eatwell guide information**

<https://www.gov.uk/government/publications/the-eatwell-guide>

#### **Change 4 Life**

<http://www.nhs.uk/change4life/Pages/change-for-life.aspx>

#### **Recipes**

<https://www.nhs.uk/change4life-beta/recipes>

**Ce să includeți și ce să nu includeți în pachetul de prânz al copilului dumneavoastră**



- Cel puțin o porție de fructe și o porție de legume în fiecare zi. Porția pentru un copil este aproximativ cantitatea pe care o pot încadra în mâna lor.
- hrană amidonică, cum ar fi pâine, pâine pitta, cartofi, paste făinoase, cuscus, înveliș de tortilla, fidea sau biscuiți.
- porție de fasole, linte, ou, carne sau alte proteine. De exemplu: humus, ton, șuncă, macrou, pui gatit, curcan, ouă fierte tare, năut , fasole și linte în salată sau curry.
- Produse lactate (și alternative) sunt alimente necesare pentru oase puternice și dinți sănătoși. De exemplu: iaurt, brânză proaspătă sau cascaval.
- Apă sau lapte.

Verificați conținutul de zahăr din alimentele pe care le consumați. Produse care pretind a fi sănătoase au adesea un conținut ridicat de zahăr. De exemplu, patru grame de zahăr este egal cu o linguriță de zahăr. Valorile zilnice maxime recomandate de zahăr pentru copii sunt următoarele:

**Vârstă 4 - 6 ani 5 lingurițe (aproximativ 19g)**

**Vârsta 7 - 10 ani 6 lingurițe (aproximativ 24g)**

**De la 11 ani 7 lingurițe (aproximativ 30g)**



Sendvisuri cu gem, cipsuri sau ciocolata

Produse de cofetărie cum ar fi bomboane, dulciuri sau prăjituri.

Produse de patiserie

Produse din carne prelucrate, cum ar fi plăcinte individuale

Pizza și produse similare de tip fast food.

**Pachete de prânz ar putea include:**

Un mic pachet de cipsuri. de ce nu încercați cipsuri coapte? Ele pot conține până la 70% mai puțin grăsimi decât cipsurile obișnuite.

O porție de biscuiți simpli sau sarati (fără ciocolată), sticksuri.



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Deși aceasta nu este o listă definitivă, avem încredere în dumneavoastră să urmați regulamentul nostru in ceea ce priveste o mancare sanatoasă la școală.