

# St Joseph's Catholic Primary School



## CRC Article 29 (goals of education)

Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for their parents, their own and other cultures, and the environment.

## Healthy School Policy

### Introduction

'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 recognises the need to provide both a physical and social environment that is conducive to learning.'

### Rationale

St. Joseph's is committed to healthier living and learning. Governors, parents, staff and pupils have all agreed to work together to maintain healthier living and learning.

### AIMS

- 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.
- To encourage the children to take responsibility for their own wellbeing, both now and in the future by teaching them about healthy exercise, food, hygiene, use of drugs and their general lifestyle.
- To ensure all children know that all household products, including medicines, can be harmful if not used properly.

- That all classes have half termly cooking sessions promoting healthy eating, healthy food choices and how to prepare and cook a simple healthy meal.

### **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. 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. Dinner supervisors will monitor either healthy packed lunches from home or making a healthy choice from school dinner selection. Children will have an incentive and be rewarded for making healthy choices e.g. healthy lunch certificates awarded in merit assembly.

### **Food within the school**

- **School Tuck Shop**

All healthy snacks sold in school are Fairtrade.

- **Taught Curriculum**

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

### **Water**

It is our intention to provide free, chilled water through the filtered taps in classes. Each child has received a water bottle with the school logo on and space for their name. Children are also allowed to bring in their own water bottles.

### **Consultation**

It is our intention to liaise with pupils, parents and staff in guiding food policy and practice in our school.

### **Cultural diversity**

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

### **Medical needs**

Our schools meal service will cater for pupils who have special medical conditions.

### **Action Planning 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 co-ordinators are responsible for overall coordination, monitoring and evaluation of this process.

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