

# Jubilee Park Academy



**reaching and believing**

## *Healthy Schools Policy*

**July 2017**

Policy will be reviewed: July 2020.

Signed by Chair of Governors: \_\_\_\_\_

Date: \_\_\_\_\_

## ***Aim of the Policy***

To promote the health and well-being of pupils, staff and visitors to our school and encourage them to lead fit and active lifestyles. The 'Healthy Schools Policy' is part of a whole-school approach to health and well-being through the school's Healthy Schools Programme.

## ***Formulation of the Policy***

The policy has been written following guidance from the 'Food in Schools Toolkit' (DfES, 2005) and the new National Healthy School Standard (2005).

## ***Persons Responsible***

The school's named Healthy Schools Co-ordinator is H. Kumar and the school's named Healthy Schools Governor is Steve Peach.

## ***School Provision of Food and Drink***

### *School Fruit and Vegetable Scheme*

Jubilee Park participates in the School Fruit and Vegetable Scheme, which provides all infant children with a free piece of fruit or vegetable every day.

### *Breakfast Club*

In conjunction with a local school, the school offers a healthy Breakfast Club every day during term-time for pupils to attend. Attendance is from 8.05-8.45am and there are many healthy choices available, including several varieties of cereal, toast, crumpets, orange juice and apple juice. Prices vary depending on items chosen with cereal or a piece of toast with juice costing just 50p.

### *Morning break.*

The school also offers healthy snacks during morning break. Items on sale include toast, fruit and fruit juice.

### *School Meals*

The school uses 'Fresh', Sandwell MBC's in-house supplier for school meals. School staff work with catering staff to monitor pupils' menus and food choices to inform policy development and provision. A salad bar is always available and the consumption of healthier menu choices is actively promoted and encouraged by all staff.

### *Welcoming Eating Environment*

The dining room offers a welcoming eating environment, with displays to promote healthy eating. Queuing is minimised through a structured class rota system, and children are encouraged to eat their lunch with their friends in a positive social environment. Water is

provided on the tables for children to choose and juice and milk are also available. Based on pupils' voice, the school council has introduced 'Treat Friday' where pupils can bring a snack sized chocolate into school to enjoy at break time or lunchtime.

#### *Lunchtime activities.*

Children are encouraged to be active during lunchtimes. Lunchtime staff engage the children through the use of team games. PE specialists also work with each class throughout the year, delivering activities such as football and dance.

#### *Drinking Water Provision*

Children and staff are encouraged to drink water throughout the school day. Children are educated about the importance of keeping hydrated to improve their concentration and to prevent headaches and tiredness. Children are encouraged to bring in water bottles from home to use throughout the school day. Parents are notified of this provision, and of their responsibility to provide their child with a clean, see-through water bottle.

#### *School Milk*

Children under 5 years old get free school milk as a matter of course. All other children receive a letter at the beginning of each term offering milk for the term. Currently many children in KS2 as well as KS1 take up this offer and these children receive milk every day.

### ***Curriculum Provision***

The school ensures that pupils have opportunities to learn about different types of food in the context of a balanced diet. Children are educated about the need to avoid the consumption of foods high in salt, sugar and fat and increase the consumption of fruit and vegetables. We have visits from the school nurse who delivers class sessions promoting a healthy diet and we have many external visitors working with different year groups as part of the curriculum.

### ***Working with Parents***

Jubilee Park recognises parents' role as first-educators of their child, and values their contribution in working with the school to promote children's health and well-being. The school encourages parents to provide children with healthy food and drink for consumption at school in line with the 'Healthy School's' policy.

### ***Working with Children***

The school recognises the important contribution that children have in contributing to the 'Healthy Schools' policy. The views of children are actively sought, and their ideas listened to through the School Council system.

### ***Working with School Staff***

School staff are important role models for pupils in terms of eating healthily. Staff are encouraged to eat and drink healthily when in contact with pupils.

Lunchtime staff are actively involved in promoting healthy eating, and give praise and recognition for pupils that choose healthier options at lunchtimes or who bring in healthier options from home.

All visitors and supply teachers are aware of this policy.

### ***Emotional Aspects of Food***

The school teaches children the importance of eating healthily in a sensitive way, taking into account individual concerns and needs. With full involvement of parents, help will be sought for pupils raising concerns about weight or eating disorders (e.g. through the School Health Nursing Service).

# Red Foods

Chocolate Bars (only allowed on treat Fridays.)  
Chocolate coated or chocolate flavoured biscuits

Sweets

Cereal Bars

Crisps

Pretzels

Bombay mix

Breadsticks

Cakes or Sweet Pastries

Sweet Pies or Tarts

Biscuits

Fizzy Drinks (other than water) Diet Drinks

PLEASE NOTE only unflavoured water should be sent (in school water bottles) to drink in class.

Products that fall under any of these headings even if they profess to be  
low fat, low sugar or 'good for you'.

# Green Foods

Sandwiches (a range of breads)

Bagels

Pitta Bread

Wraps

With a range of fillings

Cheese, Egg, Sliced Meats,  
Meat, Fish Paste or Tinned Fish.

Toast

English Muffin

Crumpets

Fruit Bread

With: Spread or jam.

Quiche Slices

Vegetable Pizza Slices

Pastries / Rolls

Pasta Salad

Breakfast Cereals with yoghurt or milk

Yoghurt or Fromage Frais

Fruit & Vegetables

Drinks

Skimmed Milk

Water still or sparkling (plain)

Yoghurt drinks

Fruit Smoothies

Pure Fruit or Vegetable Juice

