



Rosh Pinah Primary School

Healthy Living Policy

Reviewed and Revised: June 2016

'We all take care of each other'

Rationale

Rosh Pinah aims to be a healthy school. We are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

Rosh Pinah is part of the Barnet Healthy Schools Scheme. It has achieved three modules on Psychological Health, Physical Activity, and Environment and is bidding for the module on Nutrition. The Early Years Unit has achieved the Happy Project (6 modules) initiated by the PCT and the Local Authority.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

Our aim is to blend the objectives and opportunities of healthy living with the Jewish Values of Kashrut together with the Torah teaching of looking after ourselves. Hence, this policy should be read alongside the school's PSHCE, Drug and Sex & Relationship Policies, Science and Physical Education Policies and which make explicit the teachings of our religion in relation to looking after ourselves. It should be considered that 'A Healthy Body promotes a healthy mind'.

It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to Kashrut, food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment that supports a healthy lifestyle.

- **Objective 1** To promote a **whole school ethos and environment** which encourages a proactive approach to developing a healthy lifestyle.
- **Objective 2** To use the full capacity and flexibility of the **curriculum** to embed an understanding of how to achieve a healthy lifestyle.
- **Objective 3** To ensure the **food and drink** available in school reinforces the need to understand how to achieve a healthy lifestyle.
- **Objective 4** To promote **physical education**, school sport and physical activity as part of lifelong healthy lifestyle.
- **Objective 5** To promote an understanding of the full range of issues and **behaviours** which affect lifelong health.

We have used the following approach to understanding how to improve our service:

How are we doing? How well should we be doing? What more should we aim to achieve?

What must we do to make it happen? What action should we take and how do we review progress?

Healthy Living : Food Policy

We do not use vending machines in our school. We do not run a tuck shop. We have a very strict nut-free, non-smoking, allergy aware policy which is included in induction.

Snack

All our under 5s are entitled to free milk. All children are allowed a breacktime snack of cut and washed fruit or vegetable. Currently the Early Years and Key Stage One have access to 'free' fruit and vegetables

under the DfES scheme, some of which is offered at lunchtime too (e.g. cherry tomatoes). No other food is permitted in school during the day.

School lunches and packed lunches

We provide a hot, nutritious, meat lunch for all of our children. There is a vegetarian option. The catering staff have a healthy food policy as part of their remit. The categories of each food are identified by colour: green for vitamins, yellow for carbohydrates and red for protein. Children are encouraged to take from each category. All catering and mealtime supervisors watch carefully to ensure that every child has a lunch and drink. Every day the choice includes a salad bar, fresh fruit and vegetables as a choice for the children. They provide a hot and cold option, both of which pay regard to nutritional balance and healthy options. Drinks (a weak squash and water) are provided on each table. All school catering staff are given the training they need to be able to provide healthy meals for school children. Our kitchen has a five star rating for excellence.

All children will enjoy our hot lunches. Children are provided with a packed lunch made in school for school outings.

We do not allow staff to eat lunch anywhere other than in the dining hall or the staff room. If a meat meal is brought into the staff room, it is served on a paper plate with plastic cutlery on a separate 'meaty' table.

Water for all

Children are encouraged to bring in water and to drink at any time. Brain Gym at the start of the day includes the intake of water. No water fountains are located inside toilet blocks. Regular water and brain breaks are built into the school day and curriculum by class teachers. FS and KS1 children are also reminded to drink water at their snack and lunch time.

Healthy Living : Curriculum

In FS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food. The infants have been working on a small garden in the apparatus area. They have grown their own herbs.

Many of these include the traditions of our Heritage and Jewish Identity. For instance, the recognition of meals as binding a family unit, being hospitable and Jewish learning are all enshrined in the Seder at Passover.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, eg writing to a company to persuade them to use non-GM foods in children's food and drink etc.

Mathematics can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients. Also money sums, cost of health foods and other such computations.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

Jewish Studies provides the opportunity to discuss the role of hygiene, Kashrut, the blessings associated with different foods, the daily 'benshing' after eating and traditional food such as the sweet challah to bring in the Shabbat. Children experience different foods associated with our festivals. Our community values ensure that no family is without food on the table for whatever reason. We have traditional days such as Yom Ha-atzmaut (Israel Independence Day) when we celebrate with typical Israeli food and customs.

ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking. This learning is often cross-curricular and associated with festivals, eg Succot, the importance and symbolism of fruit, visiting the greengrocer when reading 'Handa's surprise'.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income. History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking. Additionally the children have access to use of playtime equipment, fitness trail, small apparatus, skipping and climbing equipment. Improvement of gross motor skills is included in the SEN provision.

School visits provide pupils with activities to enhance their physical development. Our residential trip for year 6 includes food that is Kasher.

Emotional Well-being

PSHCE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image and peer pressure.

Pupils are able to discuss issues of interest to young people, eg advertising and sustainable development. It supports pupil involvement and personal development through opportunities that already exist in citizenship education, personal, social and health education and in other school activities, for example the National Healthy School Standard (NHSS) also now gives pupils opportunities to give views about their education as part of the inspection process. Personalized learning, which encourages pupil participation the children's voice in School Council, 'shapes teaching around the way different youngsters learn...nurturing the unique talents of every pupil.'

It also supports Article 12 of the United Nations Convention on the Rights of the Child (UNCRC) gives children the right to put forward their views and ensures that those views are taken seriously.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents are regularly updated on the ways that we care for our pupils and how this fits with curriculum and Jewish Values. We use the newsletter, regular mailings and each new admission to the school is asked

to 'sign up' to our ethos with its secure and orthodox Jewish Values. The school provides any extra food e.g. birthday biscuits and class parties in order that it remains kosher and is authorised as so by a recognized source and that it stays 'nut free'. The Kosher food guide is available on the Internet and is given out to families.

We remind parents that only water may be drunk during the school day. Parents work with us on our nut-free, non-smoking, allergy aware environment.

During out of school events, eg supper quizzes, the PTA provide Kosher food which is appropriate and in keeping with the ethos of the school.

Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Monitoring and review

The school works with outside health services, social services and government agencies for the good of our pupils. The Headteacher, Principal and Governing Body ensure that this policy is implemented. Coordinators are responsible for the Curriculum development. The Headteacher, PSHE Coordinator and Jewish Studies staff share responsibility for the teaching and learning of Citizenship and Jewish Values.