


Date of review	October 2022
Next review	October 2024
Staff Responsibility	HT
HT Notes/Sources	
Signed By	

Keeping Healthy In School

This Policy will be monitored by the Head teacher to ensure compliance and its successful implementation. The Policy will be reviewed every 2 years and ratified by the Governing Body.

SUN CARE

At Hunnyhill we acknowledge the importance of sun protection and want staff and children to enjoy the sun safely. We will work with staff and parents to achieve this through:

Education:

- All children will be made aware of the importance of sun protection according to their age and ability
- Parents and carers will be made aware of the importance of sun protection and how they can help.
- Information on sun safety will be made available for staff.

Protection Shade:

- Shaded areas are available if necessary

Clothing:

- Children should wear hats during hot weather.

Sunscreen:

- Long lasting sun cream should be applied to the child prior to them starting the school day.
- Staff will be alert to signs of imminent over-exposure to the sun in children and act accordingly.

Hydration:

- All children have access to water stations around the school
- All children have access to water within the classroom throughout the day
- All children will be reminded to drink water during the day
- Each child should come to school with a named water bottle. This can be refilled throughout the school day

See also Safeguarding and Child Protection Policies

HEALTHY EATING IN SCHOOL

Aims

1. To improve the health of the school community by increasing knowledge and awareness of food issues and, by education, to encourage the establishment of life long healthy eating habits, environmentally sustainable diets and hygienic food preparation.

2. To increase children's knowledge of food in its widest context and to help all members of our school community understand how cultural issues, celebrations, manufacturing, distribution, preparation and farming methods impact on the environment and our health and wellbeing.
3. To ensure, by communication and a close working relationship with those who provide food in school, that there is a consistency of approach and provision within all areas of the school.
4. To ensure that children have access to nutritious, well prepared and tasty food in school, and are encouraged to eat healthily at all times. To encourage children to try a wide variety of foods and make healthy and sensible choices, in line with the National Nutrition Guide and accepted nutrition standards, in order to establish a lifelong commitment to healthy eating.
5. To ensure that fresh water is available to all children and staff members at all times of the day.
6. To ensure that the food provision in school reflects and takes into account the cultural, religious, ethical and medical requirements of children, their parents and staff.
7. To make shared eating times an enjoyable, sociable and safe experience within school hours, and to provide appropriate cutlery, crockery and furniture.
8. To introduce, develop and promote practices, events and themes which reinforce these aims and to remove or discourage practices that negate them.

The School:

1. Will ensure the provision of a nutritious and well-balanced hot meal at lunchtimes for those children for whom it is requested. We will do this by working closely with school meal providers and by listening to all stakeholders and considering their preferences, cultural and religious needs, and medical requirements.
2. Ensures cooked school meals always contain a portion of vegetables which children are encouraged to try
3. Encourages all parents to provide a portion of fruit or vegetables in a lunch box.
4. Will provide subsidised milk for children under 5 years old, and fruit or vegetable snacks for Key Stage 1 children. This fruit is provided under the National Fruit Scheme and will be given out in the morning. Teachers and Teaching Assistants will encourage all children to take a piece of fruit and will speak about how delicious and healthy these items are. Excess fruit will be offered to children at the end of the school day.
5. Will undertake to work carefully and consistently with the parents of children with particular medical needs or allergies and provide a mealtime environment suitable to their needs.
6. Recognises that many parents will wish to provide a packed lunch for their children and provide an appropriate place to store those lunchboxes until they are required.
7. Recommends to parents through parent and teacher meetings and through Parent Voice that the lunches they provide should be of a high nutritional standard. This includes ensuring parents are aware of our 'no sweet treats' rule when it comes to children's birthdays.
8. Insists that all uneaten food should remain in a child's lunchbox so that parents are aware of what and how much their child has eaten during the day, unless a packet is open and would cause a mess.
9. Recognises that children concentrate better, are healthier and more comfortable if they are not dehydrated and will provide clean, safe water, which can be accessed at all times during the school day.
10. Recognises the importance of lunchtime organisation on the behaviour of children and will ensure that all staff supervising or having contact with children during meal times and snack times are aware of and understand our policies, and work together to create a good dining room ambience and assist the children to develop appropriate table manners.
11. Ensures that our dining hall is a clean and safe environment to eat in.

12. Enables all children eating hot meals to sit at a table in our dining hall and be provided with appropriately sized furniture and cutlery.
13. Ensures that high standards of hygiene are upheld at all times and that left-over food and dirty crockery and cutlery are appropriately dealt with.
14. Provides trained staff to supervise those children eating packed lunches in areas other than the dining hall.
15. Recognises the particular value of free school meals to children from low income families and will actively promote this system to parents sensitively and without discrimination.

Teaching and learning in this school will include the following:

1. Healthy eating and exploration of food as covered in both Key Stage 1 and Key Stage 2.
2. A holistic approach to food and a healthy lifestyle promoted through our 'Proud to Belong' curriculum.
3. Awareness of the particular dietary needs of allergy sufferers and children with certain medical or cultural or religious dietary requirements and ensure that all food tasting and exploration is sensitively carried out in order to ensure a good experience for each child
4. Food Technology lessons will be taught through curriculum subjects for both Key Stage 1 and Key Stage 2 children, where children are given opportunity to feel, taste, touch and smell a variety of foods, and also to investigate them according to various criteria, stating their preferences and giving reasons for those preferences.
5. Invitations to parents to come and share 'special occasion' dining with their children
6. Exploration of the foods eaten by cultures in different parts of the world.
7. Family Learning work to give parents ideas and information concerning healthy lunch boxes and snacks through dojo and the inclusion team.

Hunnyhill Primary School ensures equal opportunities for both boys and girls to join in all aspects of education and both genders will be encouraged to join in all aspects of learning about food, its preparation and the need for a healthy diet. All children are encouraged to understand and respect the religious, ethical and cultural standards of others where food is concerned.

SMOKE FREE SCHOOL

Introduction

At our school, we take seriously our duty to promote children and young people's wellbeing and their spiritual, moral, social and cultural development (Education and Inspection Act, 2006). We see our commitment to creating a smoke free environment and developing pupil's knowledge, attitudes and skills in decision making around smoking as part of our work on keeping children and young people safe around drugs and managing risk.

Definition

A drug is any substance which affects how a person thinks, feels or behaves (World Health Organisation). The term includes medicinal, non-medicinal, legal and illegal drugs. Therefore 'drug' refers to nicotine as well as alcohol, volatile substances, medicines, illegal drugs and psychoactive substances (legal highs).

Aim

To ensure a whole-school approach to tobacco in order to protect all members of the school community from the harms of second-hand smoke and to prevent the uptake of, and reduce the prevalence of, smoking across the school community.

Objectives

- To provide a smoke-free school environment for the whole school community.
- To ensure that tobacco education is part of the school's progressive entitlement curriculum of drug education / PSHE (including the health effects, legal, economic and social aspects of tobacco use).
- To promote the 'proud to be smoke free' message to all our children.
- To ensure that all staff promote positive attitudes and behaviour in relation to tobacco.
- To ensure that staff have the knowledge and understanding of policies, procedures and agreed practice to support the implementation of the Smoke Free Policy.
- To involve all staff, governors, pupils, parents/carers and members of the wider school community including outside agencies as appropriate, in the development of policy and practice in relation to tobacco.
- To adopt and support interventions that aim to prevent the uptake of smoking amongst pupils, staff, parents/carers and members of the wider school community.
- To involve the wider school community in interventions to prevent the uptake of smoking in children and young people, by providing stop smoking groups/support for parents and carers and through helping them to talk to their children about tobacco and other risk-taking behaviours.
- To aid with pupils, staff and other members of the school community who smoke and wish to stop.
- To ensure that the School's Smoke Free Policy is applied when children / young people are taken off site.

Rationale

All members of the school community have the right to work and learn in a smoke free environment. Exposure to second hand smoke (passive smoking) increases the risk of lung cancer, heart disease and other illnesses. Exposure to role models who smoke also normalises smoking behaviour, which can have a significant negative impact on the delivery of the smoke-free message. Smoking remains the largest preventable cause of death and illness in England, responsible for over 80,000 deaths per year. It kills half of all long-term users. Two thirds of all new smokers in England are young people under the age of 18. Those who start smoking before the age of 16 are twice as likely to continue to smoke compared to those who begin later in life, and are more likely to be heavier smokers (Muller 2007). The earlier children become regular smokers, the greater their risk of developing life-threatening conditions, such as lung cancer or heart disease if they continue smoking into adulthood.

Smoke-free school sites and non-smoking staff provide positive role models for children and young people and contribute to the development of a health-promoting school.

This includes the use of e-cigarettes (electronic cigarettes) due to the following reasons:

1. E-cigarettes are not yet regulated and official bodies are still unsure about the safety of the product.
2. E-cigarettes may look like normal cigarettes. There are potential regulatory issues around enforcing cigarette bans.
3. E-cigarettes are a method of taking nicotine which is an addictive substance.

4. There are evidence-based Nicotine Replacement Therapy products available on prescription if a staff member is trying to quit smoking or having difficulty with nicotine cravings during work hours. These are not normally visible to pupils.

5. Young people may be influenced by adults smoking e-cigarettes; for example, if youth workers or librarians start using e-cigarettes during their paid work time. Anecdotal evidence of young people purchasing e-cigarettes on-line and selling them on to other pupils at their school has been reported to anti-smoking organisations.

Providing a smoke-free environment (Procedure)

- This Policy applies to pupils, staff, parents/carers, members of the public, contractors or others working / using the School premises or vehicles and all vehicles used to transport students.
- It is against the law to smoke on school premises. Smoking is not permitted in any part of the school's premises and grounds including the entrance area to the school, on land adjacent to the School building (e.g. car parks, garden areas, walkways, playgrounds, playing fields etc.) or on the school road crossing patrol areas.
- There are no designated smoking areas provided within the School buildings or grounds.
- The Smoke Free Policy applies to all events / activities held in the School including before and after school sessions, any meetings organised which are attended by school employees as part of their work and/or visitors to such meetings/events.
- Suitable posters, displays and statutory no smoking signage will be displayed in school areas to create a positive visual message which supports a smoke-free working environment.
- Smoking is not permitted in any school owned/hired/leased vehicles, as well as private vehicles when used for carrying students or staff on school business. Please note: this is a statutory requirement. Schools also have a duty to reinforce the smoking legislation on buses used for pupil transport.
- This Policy applies when students are taken off site on school excursions/ visits/trips. Staff and accompanying helpers will be reminded that smoking is not permitted when on duty / looking after students.

Smoking prevention activities

Pupils

- This school promotes healthy living and expects all adults in the school community to fully participate in providing aspirational role models for the pupils.
- Employees are not permitted to smoke in the view of pupils. Employees who do smoke will be asked to ensure they cannot be seen smoking by pupils or other members of the immediate community, even if it is off the school grounds.
- Tobacco education is part of the School's progressive entitlement curriculum of drug education / PSHE (including the health effects, legal, economic and social aspects of tobacco use) which may be delivered across the curriculum.
- A range of age appropriate methodologies will be used to deliver tobacco education with the aim of preventing the uptake of smoking including discussion strategies, use of new technologies, drama strategies including theatre in education and where appropriate use of outside agencies.
- The School supports tobacco education through the transition phase from primary to secondary school
- Parents/carers are encouraged and supported to be actively involved in their child's drug/tobacco education through home /school activities, drug education evenings etc.

Responding to smoking related incidents

The following procedures will apply when there is non-compliance with the Smoke Free School Policy.

Staff

The Schools Disciplinary Procedure will be followed for members of staff who do not comply with the School's Smoke Free Policy. The staff member will be offered support to help them quit smoking through linking them with appropriate support in the community.

Non staff members/school visitors

Staff are authorised to ask non-employees who breach the Policy to adhere to the Policy.

Assistance for those who smoke

Local NHS Stop Smoking Services are available to staff, parents/carers who would like to stop smoking (please note: this service will not be seen as a disciplinary action). Group and one-to-one support may be available for staff and parents/carers through the local Stop Smoking Service.

Monitoring and Evaluation

The Policy will be widely publicised (staff induction, staff appointment contracts, handbook, website, notice boards, prospectus) and will be included in contracts for those hiring the use of the School premises. The Policy will be monitored by the Head teacher to ensure compliance and its successful implementation. The Policy will be reviewed every 2 years and ratified by the Governing Body.