

# Healthy Eating Statement

## Stamshaw Junior School



## **STAMSHAW JUNIOR SCHOOL HEALTHY SCHOOL STATEMENT**

At Stamshaw Junior School we strive to be a healthy school and promote healthy living so that our children can be successful and achieve their potential. As a healthy school we focus on three key areas:

- healthy eating;
- physical activity; and
- emotional health and well-being.

We will involve our whole school community (children, parents, staff and governors) in becoming a healthy school.

### **Why be a healthy school?**

There are many reasons why Stamshaw Junior School be a healthy school and the main reasons are set out below.

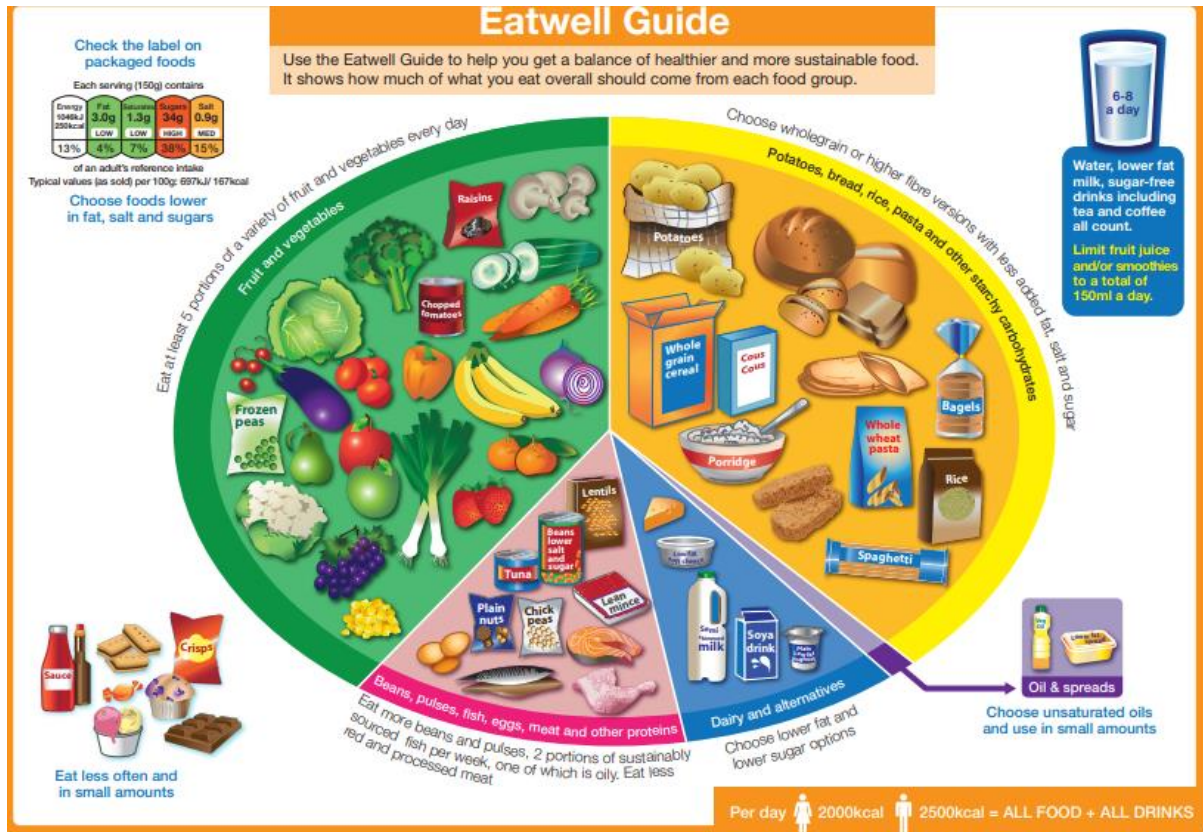
1. Promoting a healthy lifestyle contributes to overall good health which can lead to good self-esteem and improve children's confidence.
2. Following a healthy lifestyle results in immediate and long-term benefits to children's quality of life. Unhealthy diets can lead to poor growth, tooth decay, obesity and poor concentration. A lack of physical activity can lead to weight problems, low levels of fitness, low self-esteem and confidence. Poor emotional well-being can lead to low self-esteem and confidence. All these can result in behavioural problems which may have an impact on a child's learning.
3. Levels of physical activity among children is too low.
4. There is an obesity problem nationally and locally. At a UK level 14.4% of year R children are obese, the figure for Portsmouth is 27.7%, and 25.5% of year 6 children are obese, the figure for Portsmouth is 33.1%.
5. 80% of children do not eat enough fruit and vegetables.
6. Food diaries completed at school showed that 54% of children have juice, 60% of children have a snack such as chocolate, cake, crisps or a sausage roll. 49% of packed lunches include crisps every day and 25% of packed lunches include chocolate every day.

Therefore, it is important to make sure that our children have healthy lifestyles and develop healthy habits at a young age so that they have successful futures.

## What we will do.

### Promote healthy eating

At Stamshaw Junior School we will teach the children about the importance of healthy eating and a balanced diet through our PSHE and science lessons. The diagram below shows an example of a balanced diet.



We encourage children to bring a healthy snack to school such as fruit or vegetables. Ideas for healthy snacks are set out in Appendix 1. We discourage snacks such as chocolate, cake, biscuits and crisps. Sweets are **not** allowed in school.

All children are encouraged to bring a water bottle into school which can be filled up at school when needed. Drinks should only be water or juice. Fizzy drinks are **not** allowed.

A hot, nutritious school dinner, prepared on site, is provided daily by Caterlink.

We encourage children to bring in a healthy packed lunch so that all children can enjoy a healthy lunch. Lunchboxes should ideally contain a combination of the following:

- starchy foods to provide energy – such as bread, pasta, bagels, wraps, pittas or rolls to keep your child full up for longer. Bread sticks, rice cakes or malt loaf may be included
- protein for growth and repair – meat such as sliced ham or chicken, oily fish, egg, hummus
- dairy for healthy teeth and bones – small cubes of cheese, small pot of yoghurt or fromage frais

- vegetables, salad or fruit – this may be a selection of vegetable sticks, chopped up fresh fruit, a small whole piece of fruit, tinned fruit in natural juice or dried fruit
- drink – water, milk, unsweetened juice or squash or smoothies.

Please support us by not providing these items in a packed lunch:

- Fizzy / sugary drinks in cartons, bottles or cans
- Chocolate-coated products / sweets / confectionary
- Chocolate spread as a filling for sandwiches
- Chewing gum
- Sugared / toffee and salted popcorn
- Energy drinks

### *Treat Friday*

On Friday we will have a treat day where children will be able to have items that they would like which normally would be restricted.

**Please note: pupils with special diets will be given due consideration.**

### Ensure physical activity

We will ensure that children take part in physical activity at school so that they develop good physical and emotional development and good health. Children participate in in at least one hour of PE lessons per week, can attend after school sports clubs and are encouraged to walk, scoot or cycle to school.

### Emotional Health

At Stamshaw Junior School we have a PSHE curriculum that allows children to develop a sense of self-worth and pride in their achievements. Our curriculum is centred around the children's emotional well-being and teaches them the skills to achieve this.

We have a trained pastoral team who support children's emotional and behavioural needs. As a school we can access help from the school nursing team and the Mental Health support teams.