



Shoeburyness High School
a member of
Southend East Community Academy Trust

Healthy Schools Policy
(Incl. Healthy Eating)

**'Building Strong Partnerships, Building Strong Community,
Building Strong Schools'**

Status:	Recommended
Updated:	February 2023
Next Review date:	February 2025
Reviewed and monitored by:	Deputy Headteacher
Lead Member of Staff:	Dr Haddock
Signed by Chair of the Academy Committee:	K Howard



1. RATIONALE & PURPOSE

- The school's aim is to continue to develop our whole school policy of being healthy; to work in conjunction with the Southend East School Sports Partnership project to ensure that our students have access to sport and activities. The school will also work with Southend-on-Sea Borough Council as part of the Healthy Schools initiative and any wellbeing programmes.
- Shoeburyness High School recognises the significant role diet plays in the development of and susceptibility to ill health, both in the young and in adult life.
- The school should promote healthy eating habits, identify basic food knowledge and provide food within school which is consistent with a long, enjoyable and healthy lifestyle.
- "Foods most commonly consumed by young people are white bread, savoury snacks, potato chips, biscuits, boiled, mashed and jacket potatoes and chocolate confectionery. Consumption of high levels of saturated fat, sugar and salt and insufficient vegetables has been reported within this age group. Additionally, more is spent on soft drinks and confectionery, meat and meat products and least on fruit consumption." *Gregory & Lowe 2000: National Diet and Nutrition Survey: Young people aged 4-18. HMSO.*

2. POLICY STATEMENT

- Students will be participating in a wide range of activities and clubs. We have extended the range of clubs on offer to cater for all needs.
- We ensure that finance is not a barrier to access.
- We are offering further classes/academies in the evening such as Basketball and athletics.
- We are putting on a programme for our Gifted and Talented students to encompass areas with regard to sports training, psychology in sport and daily sports' and competition nutrition.
- Shoeburyness High will continue to be a Healthy School in line with documentation produced by Southend Borough Council.
- We will review all food offered to students and staff by the School Catering Service and to improve the provision of food so that a wider range and healthier choices are on offer.

3. GUIDING PRINCIPLES

- To ensure that the curriculum at KS3 and KS4 'Food and Nutrition' provides students with the knowledge and skills to be able to provide themselves with a healthy diet, within limited budgets, using good food hygiene standards
- The facilities at Shoeburyness High School offer students' excellent opportunities. The school has a Sports Hall, Gymnasium and Swimming Pool, with community use after school, and a Fitness Suite. There are areas for dance, hard court areas, a large field for football, rugby, cricket, etc. There is a Southend East Sports Co-Coordinator and an office.
- All students at all Key Stages receive regular assessment and targets for improvement using ICT and whole-school databases.
- In particular, the PE Department supports whole-school targets to improve the understanding and awareness of a healthy diet.
- This is part of the approach to health-related fitness activities. As part of our whole-school and community outreach we organise festivals such as Sporting Champions and Cross Country Leagues throughout Southend. Various competitions are hosted at the school.
- The school will follow Government guidelines in relation to food available and promote consistent informed messages about healthy eating around school and in the canteen through the taught curriculum. Students will be encouraged to drink water and allowed, where necessary and where safe, to do so in lessons.
- All students are given the opportunity to take Food Technology at Key Stage 3. The scheme of work aims to give them a broad range of cooking skills and covers healthy eating across all three years.
- At Key Stage 4 many of our students opt for Catering and Food courses and again the dishes they prepare have a healthy bias to them. Recipes are evaluated against healthy eating guidelines and students analyse the nutritional content of the dishes, commenting in particular on the salt, fat and sugar content.

4. CONSULTATION GROUP

- The PE department works closely with the Southend East School Sports Partnership.
- The Head of PE feeds back to the line manager on direction and ways forward.
- Line manager reports back to SLT.
- School Council discuss healthy eating and their views have been taken into account with regard to the refurbishment of the dining hall.
- The in-house Catering Team, is working with the school to review and improve the quality and the provision of school meals, including “stealthy” healthy eating provision. Parents will be updated and informed about any changes in provision. Parents will be encouraged to provide healthier choices for packed lunches.
- We work closely with the Southend East School Sports Partnership and the PE department to support and promote healthy eating.

5. MONITORING & EVALUATION ARRANGEMENTS

- The PE department continues to monitor and evaluate the various programmes.
- The PE Department believes that it offers students an opportunity to observe the conventions of fair play, honesty and sporting behaviour as individuals, team members and spectators. Students learn how to cope with success and limitations in performance thus building self-esteem.
- The importance of practice to consolidate their performance is emphasised. All students are treated as individuals and encouraged to enhance performance from their own level of skill.
- A team ethos encourages awareness of others and greater understanding of working together to achieve success.
- The students have specific pathways that they follow which allows for personalised development programmes suitable for each student.
- The PE Department will update all notice boards around the school on a regular basis. News from the PE Department will be published on the website and in the school Newsletter.
- Whole-school assemblies regularly feature celebrations for individual students and key issues about health.
- The PE Department encourages students to participate in sporting activities to support charities. The PE Department endorses the idea that sport should be fun and that students can improve their physical and intellectual health through sport. This will provide a good basis for maintaining health and enjoying sport and life.
- The Southend East School Sports Partnership continues to support schools across Southend and Essex.
- Students are made aware of the importance of healthy living by following a comprehensive scheme of work.

6. PROCEDURES

- Regular meetings with other agencies to share good practice.
- Monitoring success and opportunities to develop areas.