

# Swanwick School and Sports College

## Policy on Healthy Eating

### Introduction

Swanwick School & Sports College is a Local Authority Special School catering for 93 young people in Key Stages 1, 2, 3 and 4.

All children attending SSSC must have an Education Health Care Plan (EHCP). Children attending the main provision have a range of needs including moderate and severe learning difficulties, associated behaviour difficulties and Autism Spectrum Disorders. (ASD)

The school does not cater for pupils with Behavioural, Emotional and Social Difficulties with no learning difficulties.

The Hub ASD provision at Swanwick School & Sports College is for 10-12 pupils with an EHCP who have a diagnosis of High Functioning Autism/Asperger syndrome, with which there may be associated complex and/or challenging behaviours. The pupils will be of average ability or greater and usually be of Key Stage 3 and Key Stage 4 age.

Swanwick School & Sports College is one part of the Special Education provision within Derbyshire and the Local Authority has ultimate responsibility and discretion for placing pupils at Swanwick School & Sports College.

A large proportion of our pupils are from 'deprived' homes and many do not have breakfast before they leave for school. The numbers of pupils on 'Free School Meals' is around 60%.

### Aim

To ensure that there is a whole school approach towards encouraging healthy eating, promoting positive emotional health and well being.

### Objectives

- For all pupils to be offered two slices of toast and a drink of water or juice at a.m. registration, daily.
- Access to 'cool' water at break-times, lunch and when this is requested by pupils.
- Have access to 'cool' water after and/or during a physical activity.
- If they are on 'free school meal' to receive foods which are well balanced, include healthy options, are of good quality and quantity and give a variety of choice.
- Be encouraged, if they are not eligible to 'free school meals' to choose a healthy lunch or a packed lunch to the school.
- Eat in a pleasant environment in which they feel 'safe' and comfortable with staff who encourage good food hygiene.
- Be encouraged to develop social skills so that eating their meals in a group becomes an enjoyable, social occasion.

- Join the staff in a 'special meal' event introducing pupils to foods from different cultures and/or enabling them to taste foods they may not have had the opportunity to try previously. (Termly and Christmas dinner)
- Develop pupils understanding of people from different cultures and their festivals /foods in a cross-curricular approach to learning.

- Pupils are given a choice of menu everyday including a vegetarian option. Fruit and low fat yogurt are always offered as an alternative to the dessert on the menu. Packed lunches are provided for Outdoor Pursuits, Forest Schools and any other extra curricular activity or visit. Lunch time is at 12.00 pm, for KS1 and KS2 pupils. 12.05pm for KS3 and 12.20pm for KS4. (This alternates on a weekly programme for KS3 and KS4.)
- Lunch is always eaten in the dining hall as the school has its own kitchen, cook and assistant. Pupils sit together as a year group and there is a high ratio of staff 2-3 per 12 pupils.
- Breakfast is eaten in form rooms on a daily basis.
- Pupils are expected to tidy up their space after they have eaten.

### **Curriculum**

Healthy eating, promoting positive emotional health and well-being is addressed in:

- Food Technology modules.
- Aim Awards at KS4
- Physical Education module on Healthy lifestyles.
- Citizenship/PSHE: Modules on 'Dental Hygiene' and 'Personal Safety'
- Art: modules on 'Man-made Objects' and 'Festivals'
- Independent Living Skills, Aim Awards modules on personal hygiene.
- Humanities – Hinduism/ Buddhism/ Christianity / Judaism / Islam /Sikhism.
- Lunch time activities promote social skills and physical activities including, board games, football, rounders, jigsaws, card games.
- Circle time - encouraging social skills, group co-operation and a growth of self-esteem
- Sports Leaders - encourages social skills, collaborative skills and confidence.