

## Curriculum

We aim to achieve this vision by: Continuing to renew our healthy school status biannually. Ensuring every year group covers the key facts from the British Nutrition Foundation -'foodafactoflife', within their long term planning. That pupils' have the opportunity to plan/cook and taste foods throughout the year. That all food given to pupils by the school meets the required standards for a healthy balanced diet. That our pupils take part in the appropriate levels of physical activity.

In **Preschool and Reception** children;

Objectives are covered through topics such as, 'All About me. Food Glorious Food. All Around the World & Water'. Pupils also take part in the 'Making The Most of Me', project where they make healthy snacks and grow a vegetable to use in a sandwich they make. Stories such as 'Handa's Surprise' and 'Oliver's vegetables', support and encourage children to try new foods and make healthy choices.

In **KS1** children;

Children consider the features of a balanced diet and look at the eatwell plate. They think about where processed foods have come from and how food gets from farm to fork. They cook dishes using produce they have grown and look at the need for a healthy diet.

These objectives are covered through topics such as Splish Splash and Turrets & Tiaras,

In **LKS2** children understand and apply the principles of a healthy and varied diet. They prepare & cook a variety of savoury dishes. They begin to understand seasonality and know where a variety of ingredients are grown and reared.

In **UKS2** the objectives above are built upon by developing an understanding of food processing techniques. Pupils begin to consider healthier alternatives to processed food, They look at the salt/sugar and fat content on the packaging of foods and relate this to the eatwell plate for a balanced diet.

## Aims and Objectives

At Ardley Hill Academy we aim for our pupils to leave our school with a good understanding of what makes a healthy lifestyle. We want them to have a positive attitude towards good health and be able to make appropriate choices independently to maintain a healthy lifestyle. During their time at Ardley Hill we aim for our children to understand what makes a balanced diet. Also we will strive to develop their awareness of where their food comes from, seasonality and the different processes some of our foods go through to get to our plates. Every year we aim for our pupils to have opportunities to plan, cook and taste a range of healthy snacks and meals. We are committed to providing fruit and water to our pupils and to continue working with our parents to help maintain the quality of healthy food eaten at playtimes and lunchtimes.

## Healthy Schools Award

We continue to achieve healthy schools status which is assessed biannually. The Bedfordshire Healthy Schools Team have used Ardley Hill Academy as a training example to encourage schools to take part in the, 'Making The Most of Me', programme, with the lead assessor coming to watch our performances.

## Extended learning & Parental Involvement

We are running a cookery club for years 5 & 6.

We are part of the Change4life lunchtime club and we run a range of P.E clubs - walk to school/ scooter clubs

Reception & Yr 4 give performances from their work on the, " Making The Most Of Me", programme, which includes a dance.

We run Healthy School Competitions, such as design a meal & send in a recipe, Healthy Heroes project and this year the "Grow Your Own", competition.

Following a parent questionnaire at our Food Fayre-improvements to the school dinner and packed lunch menu have been made taking on board some of your ideas.

We use our website to direct parents to information on healthy diets and ideas for snacktimes.

## Ardley Hill Academy Healthy Schools Policy 2018



# Healthy Schools

Leader Jo Denham

## Assessment

Leaders and staff conduct learning walks, pupil conversations, and planning scrutinies throughout the year to assess. Within lessons pupils use tools such as 'traffic lights' to assess their own understanding. Photos are taken of skills being applied at the ends of units of work. Pupil surveys inform future needs for food awareness.