



An East Sheen Story: Being Healthy!



Our Story

At East Sheen Primary, being healthy is a fundamental driver for pupil happiness and ability to learn. Research has shown that good nourishment during school facilitates better concentration and learning. We also want to encourage an environment of understanding what are the right foods to eat to ensure development and growth of pupils. The diversity of our school also means that a hot lunch is at times the only hot meal that some children have so it's a very important one.

To this end we have a Healthy Eating Policy that dictates how and what we serve at school and work in partnership with the school catering company to look at ways to explore and expand the menu to ensure that children try new things and learn healthy eating habits. We adhere to all government guidelines and are always looking for innovative and exciting ways to drive understanding of what foods are important to consume. From a packed lunch perspective we work in partnership with parents to support their understanding of what constitutes a healthy lunch; we also provide guidelines that outline what should be included in a packed lunch.

We also encourage children to be healthy and engage in sport; there is significant opportunity for sport and PE from in class activities to after school clubs to the Daily Phoenix Mile.

What Our Teachers Say



- "There are lots of different options available to the children for them to try and there is also the salad bar that is available for unlimited visits"
- "It's great that there are multiple options that we offer children. That means whatever they do or don't feel like, they can try something else"
- "It's great that older children are offered more food, especially some of the boys get so hungry so acknowledging it and giving them more is so important"
- "It's a fantastic education tool from a PHSE perspective to be able to help the children understand what constitutes a healthy lifestyle"
- "We understand more about our diverse group of pupils through all the different and diverse food that is offered"

What Children Say

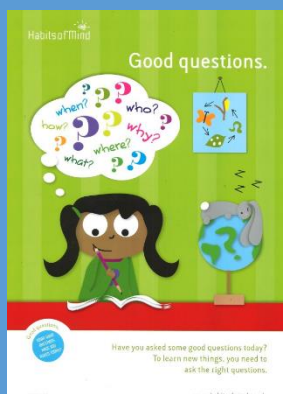
For children, the lunchtime setting encourages a time for socialising and spending time with friends. It doesn't matter what people are having for lunch; they are together.

- "I like the way we do lots of fun things like Christmas Dinner and the Jubilee Picnic"
- "I love Fridays as you get fish and chips"
- "I enjoy lunchtime as the staff are so friendly and helpful that it's enjoyable"
- "There is always lots to choose from and I love the salad bar"
- "I like the way I can bring a packed lunch, I want to be able to choose what I eat and bring it in to eat"



What Are We Doing Next?

- We are always thinking about ways in which we teach the children about being healthy and being such a diverse school we are able to celebrate different cultures through food. The success of the jubilee picnic demonstrates this.
- We are continuing to have a strong presence during lunchtime in the dining room to encourage and support the children through the lunch time break.
- The Phoenix Mile will continue to be a key part of the weekly planning in school to encourage exercise as part of the week.
- We will monitor specific cases where we need to further support children through extra breakfast club / fruit during the day / hot lunch to ensure that children are educated and nourished.
- We are also running nutrition and tasting workshops with all classes next year, run by our school catering team's nutritionist.



Thinking Schools—Habits of Mind

We use the 'Good Questions' habit of mind to get children to examine their own lifestyles and ways they can learn about staying healthy and happy. As a school, we constantly ask questions about the food and physical opportunities we offer our pupils to help them succeed.

An accredited Thinking School (such as ESPS) shows excellence in taking an explicit, evidence informed, whole school approach to developing pupils' cognitive capability and intelligent learning behaviours that serve beyond the school-life and curriculum.