

Eco Schools

At Woodstock CE Primary School we take our responsibilities toward the environment very seriously and encourage all pupils and others to think about how their actions impact upon the national and global picture. We encourage pupils to take care of their environment in small ways, such as putting litter into bins, recycling wherever possible etc, and to care for the whole planet by conserving energy resources by actions such as switching off unnecessary lights. We have an active Eco Committee and are currently working toward achieving the Eco-Schools Green Flag. Eco-Schools is an international programme that provides a framework to help schools on their sustainable journey. Our Eco Committee developed our Eco Code which all members of our school community are encouraged to follow.

Our Eco Code

Do be environmentally friendly.

Do save water by turning off taps.

Do conserve energy by turning off lights and computers.

Do be healthy by eating fresh fruit and vegetables.

Do keep the school tidy by picking up litter.

Do keep fit, and help reduce pollution by walking or cycling to school.

Do save resources by reducing, reusing and recycling.

Do help cut down on waste by using the compost bin.

Do take care of the school grounds.

Do Show Respect for Our World.

Children are encouraged to foster responsible attitudes towards the environment and all living things.



Children are encouraged to walk or cycle to school.

Travelling to School

As a healthy school that is committed to safer and sustainable travel, all pupils are encouraged to walk or cycle to school whenever possible. We do lots of things to help this:

We have a Walking Bus which leaves the Library in Woodstock at 8.25am each morning. A member of staff is there from 8.15am when children can be dropped off. If parents do have to drive, they are encouraged to park at the Library so that children can join the Walking Bus.

These are some of the reasons why I think children should join our Walking Bus, or should meet up with their friends and walk to school:

- * It keeps them fit and healthy.
- * It reduces pollution and helps keep our world clean.
- * It makes the journey to school safer by reducing traffic and cutting down the number of cars parked outside the school.
- * Children can chat with your friends.

We promote Walk on Wednesday (WOW). Children are given a sticker every time they walk to school and if they manage to walk every Wednesday during the term, they receive a WOW Certificate.

During Key Stage One children take part in a County Council initiative - 'Footsteps', a kerb-side road safety training programme.

When you are in Year 5 you can take part in Safe Cycling Training.

We have a STARS (School Travel and Road Safety) Team which works with the County Council and Thames Valley Police to help make the journey to and from school, safer for our pupils.

Mia Thomson, Year 5 STARS Representative

Healthy Eating

We are an accredited National Healthy School and are committed to promoting and monitoring healthy food at break and lunch times. Since 2006 we have been a recognised National Healthy School, having met government criteria to raise education standards and to reduce health and social inequalities.

Different teaching styles and learning opportunities are offered to pupils to develop their awareness and understanding of healthier eating and basic food safety practices, including regular opportunities to cook in our childrens' kitchen.

Snack Time

You may like your child to have a mid-morning snack. We welcome fruit and vegetables, and would ask you not to send your child with chocolate, crisps, cakes or sweets of any kind.

We also ask that nuts are not given as a snack or included in lunch boxes as we have children in school who have nut allergies.

The School Fruit Scheme is in place and provides a piece of free fruit or vegetable to children age four-to-six years every day, given at morning break. A good breakfast, a morning fruit snack, and a well-balanced lunch will see most children through the school day - it's a good idea then to provide a snack as soon as they get home.

Water

Research shows that our brains need water to stay active and alert. All children are encouraged to bring water into school daily, in a named spill-proof plastic bottle that they can take home at night to rinse and refill. Children, parents and staff speak highly of the benefits.

School Meals

Children are encouraged to eat a healthy balanced diet.

Currently all children bring a packed lunch - a lunch is provided for those children who are entitled to a free school meal. At some time in the future we hope to be in a position to provide a hot meal at lunchtimes.

If you think your child is eligible for free school meals, please collect a form from the school office.

The nutritional content of school dinners has been governed by legislation since 2006. But what should and should not be given to a child in a packed lunch is still the subject of some confusion. As a school we encourage parents to follow the School Food Trust guidelines. In short, it says a lunch box should include:

- * At least one portion of fruit and one portion of vegetables.
- * Meat, fish or other source of protein every day.
- * A starchy food such as bread, pasta, rice or cereals every day.
- * A dairy food such as milk, cheese, yoghurt or custard every day.
- * Drinks should be water, fruit juice, milk drinks or smoothies.

The lunchbox should not include:

- * Snacks such as crisps.
- * Chocolate bars, chocolate biscuits and sweets.
- * Fizzy drinks or drinks with added sugar or sweeteners.
- * Any item high in fat or salt, or items such as sausage rolls and individual meat pies on a regular basis.



Good for Life

Information for Parents & Carers

