



Healthy Schools Policy

Introduction

The school aims to encourage an understanding of the meaning and significance of faith, and promotes Christian values through the experience it offers to all its pupils. *The school vision is:*

***'Love one another as I have loved you' (John 13: 34-35)
helping each other to reach for the stars.***

The whole community aspire to fulfil this vision through our Christian values of community, perseverance, honesty, compassion, respect and responsibility each being a 'stepping stone' to success.

Our children are therefore taught to love and care for themselves and others through a rich and varied curriculum which includes our focus on well-being and skills for life.

At Stone we want to promote the health and well-being of the whole school community through all aspects of food and drink, physical activity and positive emotional health. All the principles within this policy apply to both adults and pupils.

All members of the school community (teaching and non-teaching staff, parents, pupils and governors) work towards the school's aims, but the overall responsibility for the policy is with the Citizenship co-ordinator, the PE co-ordinator and the Headteacher.

Aims

- To promote life-long health and wellbeing in the whole community
- To promote a whole school approach to a healthy lifestyle
- To encourage children and staff to make informed decisions on a healthy lifestyle based on positive attitudes and information
- To develop healthy eating habits

Policy Objectives

1. To promote a school ethos and environment that encourages a healthy lifestyle.

Our values underpinning positive emotional health and resilience are reflected in our school vision.

Classes feed into the Scheco Council to give children a voice in how to make their school healthy.

The school grounds include shaded areas for sun safety.

Staff take part in quality professional development including First Aid, Child protection, citizenship and PE.

A positive learning environment is created through systems as set out in our Behaviour Policy.

There is an active partnership with the school nurse who works with individuals and the whole school to promote healthy lifestyles as well as supporting parents and the wider community.

2. To use the full capacity and flexibility of the curriculum to achieve a healthy lifestyle.

Food, drink and physical activity within a Healthy Lifestyle is incorporated across the curriculum through Long Term, Medium Term and Weekly Planning.

This includes:

Food Technology (as part of Design and Technology) provides the opportunity to learn where food comes from and apply healthy eating messages through practical work with food including preparation and cooking.

Science provides an opportunity to learn about the effects of physical activity and diet on our bodies and the effects of a balanced diet.

Citizenship encourages young people to take responsibility for their own health and well-being and teaches them how to develop a healthy lifestyle.

Physical Education provides children with the opportunity to develop physically, mentally, socially and creatively and understand its practical impact.

Mathematics enables children to understand nutritional information as well as calculating, weighing and measuring.

Geography allows children to learn about physical activity opportunities in the local environment. It also encourages children to look at the changing environment and understand where different foods come from around the world. Children are also taught about how foods can be different within different cultures.

3. To ensure the food and drink available across the school day reinforces the healthy lifestyle message.

Each child may bring a bottle of water to school so that they may freely access drinking water at all times in and out of the classroom - the bottle must be in a see through, transparent water bottle (no colour) with a sports top to avoid spillages.

Stone School has easily accessible toilets and regular toilet breaks.

The school operates a no sweets/crisps/chocolate/snack bars etc policy for break times – it must be a healthy snack, i.e. fruit or vegetables.

Children in KS1 and the Foundation Stage have fruit or/and vegetables available during morning break time and all are encouraged to have some each day.

Children are educated in healthy lunch boxes and information is provided to parents. Children are rewarded for having healthy lunches with praise and stickers by the lunch time supervisors. Children having hot lunches are praised and rewarded for eating their fruit and vegetables in the same way.

Lunch boxes are checked to ensure enough food has been eaten.

Children are shown how to make healthy meals through food technology lessons.

For special events such as class parties, SSPTA events, festivals, fetes and fairs staff, PTA and parents ensure that a variety of food choices are available, keeping in mind the Healthy School Policy.

Birthday treats may be distributed but should not be opened in school but with the permission of their parent/carers out of school.

4. To provide quality physical education and school sport, and promote physical activity as part of a lifelong healthy learning.

In good weather, play equipment is provided for all ages at lunchtimes to encourage active play between year groups.

Play leaders help encourage active play during lunchtimes with the younger children.

All children have two sessions of PE each week.

The daily mile is undertaken by all classes at least 3 times per week.

Each half term, a different class is taught by a specialist sports company to consolidate and develop skills learned in their Physical Education lessons taught by teachers.

The children in Year 5 have two terms of swimming lessons each year. Children who do not pass their 25 meters attend swimming lessons in Year 6.

The children are given the opportunity to take part in inter-schools sporting competitions.

Whole school inter-house competitions are held to encourage the children to be active outside of school by practising at home (e.g. dance competitions).

Children are offered the opportunity to take part in a range of after school sports clubs.

Sporting activities are led by a local sports company on a rota for children across the school at lunchtime including hockey and basketball in a special ball court area.

Children are provided with opportunities to take part in more unfamiliar sports including golf and cricket with training provided to staff by outside companies.

Gender Equality

We enable all pupils to have access to the full range of activities to support their learning

Special Educational Needs

Where appropriate, modifications are made to enable children with special educational needs to show progression and achievement in all Healthy Schools activities

Other relevant policies

Wellbeing Policy

This policy was updated: Spring 2019

This policy will be reviewed: Spring 2022