

# Thrussington Primary School

## Healthy Lifestyle Policy

### AIMS:

To educate, equip and empower all pupils to live a healthy lifestyle through the curriculum we teach, the relationships we foster, the environment we provide and the opportunities we create.

We aim to create a culture where healthy lifestyles are promoted that impact the whole child in terms of their -

- **Spiritual** health including Christian beliefs, healthy choices, positive
- **Physical** health including diet, nutrition, exercise and health and safety, sexually smart, drug aware and healthy habits.
- **Emotional** health including relationships, well being, positive peers, safe & secure environment fostering compassion and courage.
- **Mental** health including a strong work ethic, positive attitudes, wisdom regarding choices and consequences.
- **Relational** health including positive significant peer groups in their class, whole school, families and a positive participation in church and the community.

### OBJECTIVES:

- To deliver a **curriculum** that provides information relating to food, nutrition and fitness and opportunity for at least 2 hours of exercise per week.
- To work in conjunction with the school caterer and ensure that the **school meals** provided meet with the requirements outlined by the 'Primary Nutritional School Standards' and parents are kept informed and up to date.
- To promote healthy eating for pupils with lunch boxes and the eating of snacks at break time through implementing policies relating to **healthy snacks and sandwiches**.
- To promote healthy lifestyles through active engagement in **extra curricular clubs**, playtime games and creative choices.
- To assist healthy approaches to learning through the accessibility of **water in lessons** and its availability elsewhere in school.

- To promote healthy lifestyle through empowering children to make **quality informed choices** and develop healthy
- To promote healthy lifestyle through involvement in the **positive community activities** that promote health and a sense of pride.
- To enable pupils to take part in our **collective events** such as sports days and healthy heart week.
- To introduce pupils to and forging links to many **outside agencies and sports coaches** that promote good health.

## **Healthy Lifestyle Procedures**

### **HEALTHIER CURRICULUM**

We seek to deliver a **curriculum** that provides:

- Information, understanding and application of the importance of healthy foods & nutrition and the need for a balanced diet.
- Opportunity for weekly indoor and outdoor fitness activities, including at lunchtimes. Children have the opportunity to learn coaching skills to implement with others.
- At least 2 hours of P.E. per week.
- Carefully planned PE that develops pupil's suppleness, strength, skills and speed.
- Scientific understanding and experiences relating to keeping our bodies healthy.
- A range of health - related units of work in PSHCE
- DT and provision of cooking experiences within the curriculum.
- Equal opportunity for pupils in terms of access and inclusiveness and provision.
- Opportunity for celebration of our healthy achievements in a weekly assembly.
- Enhanced PE provision using professional as we are a member of the South Charnwood Sports Partnership

### **HEALTHIER CLUBS AND ACTIVITY CHOICES**

We seek to promote healthy lifestyles through:

- Extra curricular clubs, during and after school hours ensuring good value for money which promotes inclusiveness of all pupils regardless of their parent's ability to pay.

- The availability of a range of playtime games equipment for pupil's to use every day.
- Developing a healthy playground that includes ball and marked out games.
- Organising creative choices - a weekly range of up to 15 healthy activities for pupils to choose from on a Friday afternoon.
- Running weekly sports clubs such as football, netball, dodgeball, singing, multi-sports, fencing, cross country
- Regular Educational visits for all classes encouraging pupils to have healthy interests using local community resources - eg Leisure centre,
- All staff running at least one club that develops children's healthy hobbies and interests.
- Bidding for sports funding and pupils collecting sports vouchers supplementing our extensive range of PE equipment.

## HEALTHIER HEARTS

We seek to ensure pupils take part in our **collective events through:**

- Participation of all pupils in more than one event during our annual sports days for both KS1 and KS2.
- Participating in interschool sports competitions in several sports all throughout the year.
- Booking sports coaches to run training sessions for several classes.
- Participating in sports' charity events

## HEALTHIER CHOICES

We seek to promote healthy lifestyle through:

- Enabling children to make quality informed choices eg creative choices and stick with their choice developing skills as a habit resulting in healthy consequences.
- Developing healthy relationships which are productive and involve teamwork eg class responsibilities
- Discussions within curriculum subjects such as RE / PSHCE groups / SEAL groups where time is set aside for personal reflection and supporting each other in making informed choices. Eg class rules.

- Encouraging involvement in charity events fostering community awareness and participation.

## **HEALTHIER SCHOOL MEALS**

We seek promote healthy school meals by:

- Working in conjunction with the school caterer and ensure that the school meals provided meet with the requirements outlined by the 'Primary Nutritional School Standards' .
- Ensuring parents are kept informed and up to date through access to menus and information of school meal developments through e.g. the school's news letter
- Displaying menus and positive slogans promoting healthy eating.
- Awarding children with stickers for eating healthy food.
- Appointing an active School Meals Governor
- Encouraging staff to have school meals and set a positive role model.
- Running a happy sociable dining room that is orderly and friendly and attractive,
- Advertising school meals to parents at parents' evenings.

## **HEALTHIER SNACKS AND SANDWICHES**

We seek to promote healthy eating:

- for pupils with lunch boxes by implementing our policies that insist on healthy lunches and restrict unhealthy items supervising lunches rigorously.
- through the eating of fruit at play time and prohibiting other less healthy items
- By encouraging parents to take responsibility of monitoring their own child's 'leftovers' that are kept in the sandwich box to take home.
- Implementing our refreshments policy which clearly specifies what are acceptable and not acceptable items to bring to school.
- Involving the school council in decisions regarding the procedures for refreshments.
- Encouraging parents to pay for school milk which is provided free to FSM children.
- Participate in the KS1 fruit free scheme.

## **HEALTHIER DRINKING**

We seek to assist healthy approaches to learning through:

- Ensuring water is available at lunch times on the tables with the meal.
- Prohibiting other less healthy drinks.
- Providing water fountains, with chilled facility, in school.
- Encouraging payment for school milk and providing time during the school day to drink it.
- Ensuring that at sports' events liquids accessible and used to prevent dehydration.
- Providing a chilled water facility in the Staff room.

## **HEALTHIER COMMUNITY PARTICIPATION & ROLE MODELS**

We seek to promote healthy community participation through:

- involvement in positive community activities to encourage others
- promoting a healthy sense of pride and commitment to the local community.
- Developing a full inclusion programme with our local special school.
- Working closely with the local churches and Christian groups.
- Actively engaging with local homes for the elderly
- Inviting members of our community into school for celebrations
- Utilising the skills of those in our local community during creative choices
- Visiting our community as part of our units of study
- Using outside agencies to promote healthy lifestyles - eg fire, police, doctors and dentists, industries (pharmaceutical)
- Fostering strong transitional arrangements with local secondary schools and pre-school settings
- Conducting weekly assembly awards celebrations for community involvement .
- Inviting local Inter-faith speakers into school on a regular basis.
- Supporting several community and national charities

**Autumn, 2016**