

SOKE EDUCATION TRUST

Healthy Lifestyles Policy

Approved via Governorhub

Approved date	April 2023
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HEALTHY LIFESTYLE POLICY

Aims

At our school we are committed to encouraging and developing positive attitudes towards a healthy lifestyle. Making healthy choices forms an important part of school life and the activities we engage in. We aim to encourage a healthy lifestyle through the curriculum we teach, the relationships we foster, the environment we provide and the opportunities we create. We want the children to understand that good, nutritious food and exercise are essential to their ability to learn as well as to their long term health. Our aim is for the children to apply their knowledge and make healthy choices both in and out of school. We also believe that adults (staff, parents and carers) should be good role models and have access to information which will help them to provide healthy choices for children.

Legislation and Guidance

This policy reflects the requirements for academies to provide a broad and balanced curriculum as per the Academies Act 2010, and the National Curriculum programmes of study which the school has chosen to follow. It also reflects requirements for inclusion and equality as set out in the Special Educational Needs and Disability Code of Practice 2014 and Equality Act 2010, and refers to curriculum related expectations of governing boards set out in the Department for Education's Governance Handbook. In addition, this policy acknowledges the requirements for promoting the learning and development of children set out in the Early Years Foundation Stage (EYFS) statutory framework

It complies with our funding agreement and articles of association.

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.
- Opportunities for weekly indoor and outdoor fitness activities.
- At least 2 hours of exercise per week.
- Carefully planned PE that develops pupil's suppleness, strength, skills and speed.
- Scientific understanding and experiences relating to keeping our bodies health.
- A range of Health related units of work in PSHE, delivered where possible by health experts
- DT and provision of cooking experiences within the regular curriculum – that promote health and fitness.
- Equal opportunities for pupils in terms of access, inclusion and provision.
- (Sports and health activities are not used as rewards but rather as a pupil's entitlement)
- Opportunities for pupils to achieve their Bikeability certificate
- Opportunities for celebration of our healthy achievements in a weekly assembly and in the school newsletter.

We seek to promote healthy lifestyles through:

- Extra-curricular clubs, during and after school hours, which ensure good value for money and promote inclusiveness for 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 climbing walls and marked out games.
- Running weekly sports clubs such as football, netball and athletics.
- Regular educational visits encouraging pupils to have healthy interests using local community resources – e.g. Leisure centre, Outdoor residential, coastal visit. etc
- Running a range extra-curricular club that develops children's healthy hobbies and

interests.

- Bidding for sports funding and encourage pupils to collect sports vouchers which supplement our extensive range of PE equipment.
- Participation of all pupils in more than one event during our annual sports days.
- Running a 'Healthy Lifestyles Day', that offers pupils a range of creative arts and sports activities delivered by professionals from outside agencies.
- Promotion of National Sports Week through participation in activities similar to Jump Rope for Heart, Cancer Research fun Run.
- Participating in interschool sports competitions in several sports all throughout the year.
- Running Intra-house competitions at the end of each term.
- Entering Inter-sports competitions throughout the year, against local schools.
- Booking regular visitors and sports coaches to run training sessions for several classes.
- Taking part in our fund-raising sports activities.

Healthier Choices

We seek to promote healthy lifestyles through:

- Empowering children to make quality informed choices e.g. encouraging children to stick with their creative choice thus developing skills as a habit resulting in healthy consequences.
- Developing healthy relationships which are productive and involve teamwork e.g. class jobs
- Discussions in our RE / PSHE groups where time is set aside for personal reflection and encourages children to support each other in making informed choices e.g. class rules.
- Encouraging involvement in charity events which foster community awareness and participation. E.g. Children in need, Comic/Sports Relief, local, regional and National initiatives.

Healthier School Meals

We seek to promote healthy school meals by:

- Working in conjunction with the school caterer and ensuring that the school meal provided meet with the requirements outlined by the 'School Food Standards 2015'.
- Ensuring parents are kept informed and up to date through access to menus and information of school meal developments via the school newsletter.
- Displaying menus and positive slogans promoting healthy eating.
- Awarding children with stickers for eating healthy food.
- Encouraging staff to set a positive role model by having school meals.
- Running a happy sociable dining room that is orderly, friendly and attractive.
- Advertising school meals to parents at parent's 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 and by supervising lunches rigorously.
- Through encouraging the eating of fruit at play times and prohibiting other less healthy items.
- By encouraging parents to take responsibility for monitoring their own child's 'leftovers' that are kept in the sandwich box to take home.
- School guidance is sent out at the start of each academic year on healthy school lunch boxes and snacks. This guidance clearly states what foods/drinks are and are not acceptable to bring into school.
- By involving the school council in decisions regarding the procedures for refreshments.
- By participating in the KS1 fruit free scheme.
- By not allowing fizzy drinks or sweets.

Healthier Drinking

We seek to assist healthy approaches to learning through:

- Encouraging the drinking of water during lesson times.
- Providing drinking bottles for purchase to new parents.
- Ensuring water is on the table at lunch times.
- Prohibiting other less healthy drinks.
- Providing water fountains in school.
- Ensuring that at sports events, liquids are accessible and used to prevent dehydration.
- Providing a chilled water facility in the Staff room.

Healthier Community Participation and Role Models

We seek to promote healthy community participation through:

- Promoting a healthy sense of pride and ownership of our 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 (e.g. Regular visits & Performances)
- Inviting members of our community into school for celebrations.
- Utilizing 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 – e.g. fire, police, doctors and dentists.
- Fostering strong transitional arrangements with local secondary schools.
- Conducting weekly assembly awards that celebrate our community involvement.
- Inviting local interfaith speakers into school on a regular basis.
- Supporting several community charities that the pupils can get involved with.

Links to other policies

Anti Bullying

Behaviour and Discipline

Health & Safety

Safeguarding and Child Protection