

St Helen Auckland Community Primary School



Healthy Schools Policy

Headteacher.....

Chair of Governors

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Healthy School Policy

St Helen Auckland Primary School recognises the importance of promoting all aspects of children's Health. A healthy school understands the importance of investing in health to assist in the process of raising levels of achievements and improve standards and expectation for learning and life. It is important that the school environment supports the development of physical health, positive mental health and positive social interactions.

Our Aims:

- A whole school approach to healthy lifestyles
- Encouraging all in the community to make informed decisions for a healthy lifestyle based on positive attitudes and information
- Promote safe working and social relationships inside and outside of school
- High quality Physical Education and School Sports opportunities that promotes physical activity and an established positive attitude to physical activity
- To increase children's understanding of the importance of water in their diet at meal times and throughout the day
- Liaise with outside agencies to support individuals requiring additional help, support or advise
- Food Technology and Design Technology curriculum promotes healthy choices
- Develop children's skills to play safely and promote physical activity and positive social interaction
- Promote healthy snack at breaktime – fruit for school promotes eating at least 1 piece of fruit a day in EYFS and KS1
- Learning Powers taught and promoted increase children's skills and resilience for positive mental health and wellbeing
- To improve life chances for the children and families
- Children to have confidence and motivation to make positive choices around all aspects of health and understand the hazards and negative consequences of unhealthy choices
- Children learn how to develop good and safe relationships on and off the internet
- Children show respect to and embrace differences in society

Healthy School in Practice

As a school we will adapt school approaches across the curriculum to promote and teach the aims above. Some topics and subjects will lend themselves more to this but other aspects of 'skills for life' will be embedded throughout the learning experiences in class, promoted through assemblies and whole school events. Regular information is sent home to families that supports and informs.

PE

As a subject this promotes physical health and aims to foster an interest and sense of enjoyment for different sporting activities. We have at least 2 hours of PE each week and have signed up for the Local Authority Active 30 challenge. Sports festivals are planned in across the year with the school's sports partnership and activities such as Grab a Grown up promote family health and fitness by including parents in the weekly sessions in school. All KS2 children have a block of swimming lessons through the year. We always have at least 1 sporting after school club available to the children.

PSHE

The PSHE/ RSE Curriculum is taught within each class each half term and the information covered is shared with families each half term. The MT plan is sequenced to be progressive and build on previous skills. It covers ...

Design Technology/Food technology/ Science

Food in school

Lunch Food prepared by the catering team meets the National Nutritional Standards for School Lunches. Parents are encouraged to pack healthy lunches for their children.

PACKED LUNCHES The school encourages parents and carers to provide children with packed lunches that complement the National Nutritional Standards. This is achieved by promoting healthy packed lunch options using the principles of the BOGH (Appendix 1). Balanced packed lunches should contain fruit, vegetables (or salad), protein, a starchy food, a dairy food and water. Packed lunches should not include crisps, pastries and fried food, chocolate, biscuits, chewing gum, sweets, peanut butter and chocolate spread, jam and any drink other than water or milk. On Friday's pupils are allowed to bring one of the following: sugary drink, pies and pastries, biscuits, cake or crisps.

Water bottles: Children should bring a water bottle to school. This must be filled with water and no fruit juice or diluted juice.

School trips: Any packed lunches brought on school trips must meet the packed lunch policy.

SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS The school provides food in accordance with pupils' religious beliefs and cultural practices (halaal option).

VEGETARIANS School caterers offer a vegetarian option at lunch every day.

FOOD ALLERGY AND INTOLERANCE The school is a nut – free and sesame seeds free zone. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.