



Living and learning together
**ST MICHAEL'S C OF E PRIMARY
SCHOOL**
HEALTHY SCHOOLS POLICY



Healthy School

Realising of potential, Respect for others, Responsibility for own actions, Honesty, Co-operation

Mission Statement

To provide, in a Christian environment, a framework in which children are able to grow as individuals, whilst learning to live and contribute to society in a positive way.

Rationale

As a school that promotes a Healthy eating and lifestyle, St Michaels C of E Primary School is committed to encouraging and developing positive attitudes towards food and a healthy diet and lifestyle. We recognise that a healthy school is one that is successful in helping pupils to do their best and build on their achievements. We are committed to ongoing improvement and development. We promote physical and emotional health by providing accessible and relevant information and equipping pupils with the skills and attitudes to make informed decisions about their health. A healthy school understands the importance of investing in health to assist in the process of raising levels of pupil achievement and improving standards. We also recognise the need to provide both a physical and social environment that is conducive to learning.

Aims and Objectives

- To promote a whole school approach to a healthy lifestyle.
- To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increased knowledge and awareness of food issues, including what constitutes a healthy diet.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To promote safe working and playing relationships and environment both inside and outside of school.
- To provide high quality Physical Education and School Sport and promote Physical Activity as part of a lifelong healthy lifestyle.
- To provide children and staff with the opportunities to make informed choices about a healthy lifestyle based on current information and liaison with outside agencies.
- For all KS2 children to snack on fruit or vegetables at morning break time.

- To support the 'Fruit for School's' initiative by encouraging KS1 children to eat fruit or vegetables every day at morning break.
- To help children develop greater confidence, motivation, self-esteem and have the skills, information and understanding to make important life and health choices.
- For children to learn how to develop good relationships, and respect the differences between people.

Policy into Practice

The school will adapt a healthy schools approach to most areas of the curriculum; therefore, evidence will be very cross curricular. Some topics such as 'Party Planners', 'Why shouldn't we eat Chocolate?' 'What happens inside us?', 'Our Place' and 'Healthy Diets' will cover most of our aims and objectives.

Wake and Shake

We believe that children should come into school each morning feeling awake, lively and ready to become immersed in their learning. To ensure this is consistently the case, daily Wake and Shake routines are now being implemented in each classroom. During these sessions, the children are engaged in a fun and lively way as they learn fun and energetic routines to popular music. After a cool down/calming activity to finish, the children become much more likely to approach their learning, energised and in an increased state of 'readiness to learn'.

Wake and Shake routines will impact in the following areas:

- Improved co-ordination (gross motor skills then impacting on fine motor skills) of readiness to learn'
- Enjoyment of school life and a sense of well-being
- Improved self-esteem impacting on other curriculum areas: 'success breeds success'
- Improved rhythm and timing
- Improved concentration and application to tasks immediately after the brief exercise session
- Increased stamina
- Improved hydration

Organization - Curriculum Areas

We regard healthy eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur through the curriculum and themed weeks. All pupils have the opportunity to learn about safe food preparation and to learn about where food comes from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet.

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P.E.

Across Reception to year 6 REAL Physical Education is implemented to support teaching and learning during our P.E sessions.

Personal, Social, Health Education and Citizenship

- Circle time: This is a regular activity in the classroom throughout the school. Topics are decided within each year group and specific topics related to the Healthy Schools Initiative
- PSHE and Citizenship issues will be covered within the curriculum through topic work, personal targets for the children, classroom rules and targets, visitors e.g. school nurse and visits.

Christopher Winters Programme

During the academic year the Christopher Winters Programme will be used to deliver Relationship and Sex Education (RSE) to year 1 through to year 6.

Year 1 - Growing and Caring for Ourselves

Year 2 - Differences

Year 3- Valuing Differences and Keeping Safe

Year 4 - Growing Up

Year 5 - Puberty

Year 6 - Puberty and Reproduction

Organisation - Management of Eating

KS1 pupils will benefit from the free Fruit and Vegetables Scheme. These pupils will be encouraged to eat their piece of fruit as part of their daily break time.

KS2 pupils will benefit from the introduction of Healthy Snacks. These pupils will be encouraged to bring in fruit or vegetables to be eaten as part of their morning break time. This will ensure consistency across the school. Children, if they haven't brought in fruit or a vegetable for their snack, will have the option of eating one from provided snack boxes located in each year groups

workspace. These are replenished daily to ensure that maximum freshness.

All children are encouraged to bring in a water bottle so they can access water throughout the day. Water jugs and cups are also provided in school for additional access. Children are given regular reminders about the importance and nutritional benefits of eating fruit, vegetables as well as keeping regularly hydrated through key stage group assemblies led by the coordinator fortnightly.

School Meals

The hot meal service is offered through Chartwells Catering Service.

Assessment and Monitoring

Assessment and monitoring will be done on an ongoing basis within the curriculum and will be in accordance with the assessment requirements of the particular subject area.

Role of the Parents

The school is aware that the primary role model in children's healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children at our school through mutual understanding, trust and co-operation. The school will provide support where needed to provide assistance to families enabling them to confidently continue to promote a healthy lifestyle.

Role of the Co-ordinator and Staff Development

It is the responsibility of the coordinator and the Healthy Schools Team to ensure that staff and parents are informed about the healthy eating policy, and that the policy is implemented effectively. It is the co-coordinators role to ensure that all staff are given sufficient training, so that they can teach effectively. The co-coordinator liaises with external agencies regarding the healthy eating education programme and ensures that all adults who work with children on these issues are aware of the school policy and work within this framework. The coordinator and Healthy Schools Team will monitor the teaching and learning about healthy eating and lifestyle and oversee the curriculum maps to ensure that all pupils have the opportunity to learn about healthy eating and lifestyle. The coordinator and Healthy Schools Team encourage positive role models amongst the staff by encouraging healthy opportunities for staff 'treats' such as fruit.

Role of the Governors

The governing body is responsible for monitoring and supporting the school's approach to implementing the Healthy Schools Policy.

Policy Reviewed: February 2016

Next review: February 2019