



Healthy Schools Policy

Created By:

Reviewed by: Rachel Morton

Nominated Governor:

Signed:

Date: 4/10/21

Review date: September 2023

HELTWATE SCHOOL

Healthy Schools Policy

Introduction

At Heltwate Special Needs School 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 Healthy Schools co-ordinator, in conjunction with the PSHE co-ordinator, the PE co-ordinator and the Headteacher.

Policy Objectives

To promote a school ethos and environment which encourages a healthy lifestyle

- Classes feed into the School 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, PSHE 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

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
- PSHE encourages young people to take responsibility for their own health and well-being and teaches them how to develop a healthy lifestyle
- Physical Education (My Movement) provides children with the opportunity to develop physically, mentally, socially and creatively and understand its practical impact
- Numeracy (My Learning) 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

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

- Heltwate Special Needs School has easily accessible toilets and regular toilet breaks

- The school operates a no sweets/chocolate policy, for packed lunches. Parents are encouraged to pack healthy items for lunches.
- Children in KS1 and the Foundation Stage have fruit available during morning break time and all are encouraged to have some each day. KS2/3/4 parents have the option of purchasing fruit through the class snack money contributions or sending their child to school with a healthy snack instead
- A special healthy menu from our school lunch providers has been put in place for lunch time with a salad bar available at all times
- Healthy choices are encouraged and supervised at school dinners
- 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, festivals, fetes and fairs staff and parents will ensure that a variety of food choices are available, keeping in mind the Healthy School Policy.
- Heltwate School is a nut free school which is strictly enforced and communicated on a regular basis to pupils, parents and staff
- Heltwate School follows the Healthy Schools Standard
- Due to the milk subsidy scheme, each child is offered and encouraged to drink a cup of milk per day

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

- Active play equipment is provided for all ages at break times and lunchtimes. Bikes are timetabled with cleaning risk assessment in place.
- All children have a session of PE (my Movement) each week, with a schedule of swimming and horse riding also in place. Due to COVID, swimming and horse riding are currently not taking place.
- All students are given the opportunity to take part in local sporting competitions and attend events such as Oundle 'Have A Go Day'. This curriculum day is currently on hold due to COVID.
- The school has a partnership with the Jack Hunt to develop sport across the school and make links with other local schools
- Children are offered the opportunity to take part in a range of lunchtime clubs which support activity. Lunchtime clubs are not running due to COVID bubbles and no fixed lunchtimes.

**Policy reviewed September 2021
Date for next review September 2023**

Signed R Morton Subject Co-ordinator

Signed _____ Head teacher

Signed _____ Nominated Governor