

Highgate 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 7 multi- faith beliefs, healthy choices, positive lifestyles.
- **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 compassionate and courage.
- **Mental** health including a strong work ethic, a positive can do mentality, 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 relationships - as discussed in our PSHCE / RE discussion groups.

- 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 hearts week.
- To introduce pupils to and forging links to many **outside agencies and sports coaches** that promote good health.

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.
- At least 2 hours of exercise per week.
- 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 delivered by health experts such as the school nurse or dentist.
- DT and provision of cooking experiences within the regular curriculum.
- Equal opportunity for pupils in terms of access and inclusiveness and provision.
(Sports and health activities are not used as rewards but rather as a pupil's entitlement)
- Opportunity for all pupils to achieve their Cycling proficiency certificate, National Curriculum Swimming Standard,
- Opportunity for celebration of our healthy achievements.
- Enhanced PE provision using professional as we are a member of the local School Sports Council Cluster of schools.
- Brain gym and Worship workouts being part of the daily curriculum.

HEALTHIER 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 walls and marked out games.
- School travel plan

- Organising creative choices - a weekly range of up to 15 healthy activities for pupils to choose from on a Friday afternoon.
- Running sports clubs such as football, netball, cross country, badminton, Gymnastics & Tae Kwon Do .
- Regular Educational visits for all classes encouraging pupils to have healthy interests using local community resources - eg Leisure centre, Outdoor residential, visit. etc
- 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.
- Running a 'Healthy Hearts' week that offers pupils a range of creative arts and sports activities throughout the week delivered by professionals from outside agencies. During this week all pupils complete a set of fitness activities organised by year 6 pupils.
- Providing a full Outdoor Education programme for KS2 including outdoor and adventurous problem solving in all years, a week residential in Derbyshire in year 4 and in year 6 a visit to Caythorpe court.
- Participating in interschool sports competitions in several sports all throughout the year.
- 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 lifestyle through:

- Empowering 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 jobs
- Discussions in our RE / PSHCE groups / SEAL groups where time is set aside for personal reflection and supporting each other in making informed choices. Eg class rules.

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 via the school 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 encourage healthy lunches and restrict unhealthy items
- making fruit available for free at play time and prohibiting other less healthy items
- By encouraging parent to take responsibility of monitoring their own child's 'leftovers' that are kept in the sandwich box to take home.
- Involving the school council in decisions regarding the procedures for refreshments.
- Participate in the KS1 fruit free scheme.

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 available at lunch times on the tables with the meal.
- Providing water fountains in school.
- Ensuring that at sports events liquids accessible and used to prevent dehydration.

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 ownership of our local community.
- 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
- 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 - eg fire, police, doctors and dentists.
- Fostering strong transitional arrangements with local secondary schools.
- Inviting local Interfaith speakers into school.

This policy will be reviewed at least every two years.

Signed: Mr P Morrell

Date: May 2011