



## Squirrel Hayes First School

Policy Reviewed on	Sept 2016	Dec 18	Feb 2020	Feb 2021	Jan 2022	March 2023	March 2024
Policy Owner Signature	Mrs Taylor	Mrs Taylor	Mrs Taylor	Mrs Taylor	Mrs Taylor	Mrs Taylor	Mrs Johnson Allen
Policy adopted by the Governing Body on	14.11.2016	Nov 2018	Nov 2020	March 2021			March 2021
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Version	07	08	09	10	11	12	13

# HEALTHY SCHOOLS POLICY

This school is committed to safeguarding and promoting the welfare of children and young people/vulnerable adults and expects all staff and volunteers to share this commitment.

## Introduction

At Squirrel Hayes First School we are committed to playing an active role in shaping attitudes to health, including food, sport and physical activity. We promote and encourage healthy choices through both the curriculum and the wider school environment. We aim to develop the emotional and physical health of our learners, staff and the wider school community. Healthy lifestyle messages will be reflected in all aspects of school life.

*'A healthy school is one that is successful in helping pupils to do their best and build on their achievements. It is committed to ongoing improvement and development. It promotes 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. It also recognises the need to provide both a physical and social environment that is conducive to learning.'*

## Rationale

Squirrel Hayes First School has, in the past been through the accreditation process for Healthy Schools Programme and gained Healthy Schools status.

We are committed to the principals behind the programme and promote the key areas within the initiative, embedding them within everyday life at Squirrel Hayes.

### Aims:

1. To promote a school ethos and environment which encourages a healthy lifestyle.
2. To use the full capacity and flexibility of the Curriculum to achieve a healthy lifestyle.
3. To ensure the food and drink available across the school day reinforces the healthy lifestyle message.
4. To provide high quality Physical Education and School Sport and promote Physical Activity as part of a lifelong healthy lifestyle.
5. To promote an understanding of the full range of issues and behaviours which impact upon lifelong learning.

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We hope to achieve these aims by:-

- Encouraging development of confidence and self esteem.
- Providing opportunities for acquisition of relevant skills, information and understanding.
- Providing access to advice and support.
- Encouraging active participation in the management of individual learning.
- Encouraging the development of good relationships and respect for diversity.

The messages we convey about nutrition, physical education and emotional well being are coherent and consistent.

These aims will be taught through key themes:

- RHSE/RHE (Relationships and Health Education), drugs and safety Education.
- Healthy Eating- Science and 'Funtrition'
- Physical Activity
- Emotional Health and Wellbeing, including bullying
- Well-being

The themes relate to both the school curriculum and the emotional and physical learning environment in school. Although each theme covers a different area, they are all delivered using a whole school approach so that basic requirements are the same.

The Healthy School Policy links in with the following policies.

- Drugs and Safety Policy
- Inclusion Policy
- Anti-bullying Policy
- Physical Education Policy
- Relationships and education Policy

### Quality Assurance

Throughout the year the school undertakes reviews which include not only teaching and learning but the emotional health and well being of all members of the school's learning community.

### School Meals:

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School meals are designed and catered for by Entrust. They work to ensure they provide healthy and nutritionally balanced options for the learners. Learners are offered vegetable, fruit, carbohydrate, meat, fish, eggs, cheese and milk as part of the menu plan. Learners have access to milk and water and fruit juice at dinner times.

Through consultation with parents and guardians the school ensures that lunchtime staff are fully aware of religious, ethnic, vegetarian, medical or allergic needs of learners and staff. Learners are presented with limited meal options designed to promote healthy choices.

The school has simple rules for those learners preferring to bring a packed lunch to school. No chocolate, sweets or fizzy drinks. Parents and learners are educated and encouraged to select healthy nutritional foods for a packed lunch.

**Fruit:**

The School is a member of the Schools Fruit and Vegetable Scheme and the key stage one classes receive a free portion of fruit or vegetable every day.

The school has no vending machines. Healthy eating is promoted across the curriculum and the teaching and learning reflects this. Learners are encouraged to bring in their own healthy snacks if they wish to.

**Water:**

In line with research indicating that children do not drink enough water we believe that they should be actively encouraged to take on water throughout the day. Each child is provided with his or her own water bottle which can be refilled regularly and has free access to the water dispensers installed across the school.

**Toast:**

Learners have access to toast every morning initially through a programme targeting areas of deprivation to ensure all learners have breakfast in the morning, as a school we then took this on and provide daily toast for all learners.

**Physical Education:**

The school has a clear physical education policy and scheme of work covering all the requirements of the National Curriculum. The curriculum is delivered by the class teachers and is monitored by the PE coordinator.

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Learners from Reception to Year 4 take part in a weekly session of exercise with a qualified instructor. For half a term the learners engage in 'flexercise' session, focussing on breathing, stretching the body and mindfulness. Learners in Nursery have their own flexercise session once a week looking at different ways of moving, stretching and breathing.

The following half term will focus on a dance routine that is built up over a period of weeks.

Learners from yr1 to yr 4 take part in weekly funtrition sessions on a rota throughout the year, looking at healthy lifestyles. These sessions are delivered by class teachers.

There are also many extra-curricular physical activities, including netball, athletics, inspire dance, multisport, etc. on offer. In addition to this the school promotes walking or cycling to school and is keen to celebrate the external sporting achievements of all its learners. Children are encouraged to pursue physical activities at playtimes and a variety of equipment for playground games is provided. Lunchtime staff and play leaders have been trained in suitable playground games.

Playtimes and Lunchtimes have been reviewed and an exciting timetable of activities has been set up to promote healthy living. All learners have access to different activities across the week.

Children are experiencing more active lessons and active registration as part of active schools.

### **RHE and Emotional Well-being:**

The school has a structured and well planned RHE programme and the aim is to provide the children with critical knowledge so that they understand the world around them, their place in it and information about their mind and bodies. The world is an ever changing, increasingly online, place that is difficult to navigate and this area of learning is of great magnitude. We will endeavour to teach the children strategies that will provide them with balance and stability in their lives. Balance in their lives now and strategies that will enable them to make healthy life choices for the rest of their lives.

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We aim to promote an understanding of the full range of issues and behaviours which impact upon lifelong health including, medicines and drugs, sex and relationships, equal opportunities, child protection and environmental issues.

Learners have access to Mental Health councillors and school has a designated mental health lead.

**Conclusion and Review:**

At Squirrel Hayes we aim to help all members of our learning community reach their full potential and become well rounded human beings capable of making healthy and informed choices for lifelong wellbeing.

This policy will be reviewed regularly through termly well-being meetings and annually by the Governing Body.

**DOCUMENT CHANGE LOG**

Version No.	Date of review	Reviewer	Changes Made
01	Nov 2011	Fay Taylor	New policy document with new format
02	Nov 2012	Mrs Nevins Stanford	Reviewed
03	Sept 2013	Fay Taylor	Taken out part about healthy schools status
04	Sept 14	Fay Taylor	No Changes
05	Sept 15	Fay Taylor	Changed part about Entrust catering for the school
06	Sept 16	Fay Taylor	Changed part about lunchtime supervisor training
07	Sept 17	Fay Taylor	Changed part about lunchtime and breaktime activities. Changed part about funtrition across the school
08	Dec 18	Fay Taylor	No major changes
09	Feb 20	Fay Taylor	Changes in green

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Version No.	Date of review	Reviewer	Changes Made
10	Feb 2021	Fay Taylor	No Changes
11	January 2022	Fay Taylor	Changes in green. Taken out about swimming, sports coaches delivering PE and mega mile
11	March 2023	Fay Taylor	Changes in blue.
12	March 2024	Helen Johnson Allen	Altered the 'flexercise' to include dance, altered the funtrition that is now delivered by class teachers. Added in RHE section and removed 'visyon' counsellors.

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