



# Healthy School Policy

Date reviewed:	September 2020
Date approved by Governors:	September 2020
Date of next review:	September 2022

## **1. Introduction**

- 1.1 At Southall 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.
- 1.2 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 PSHE co-ordinator, the PE co-ordinator and the Head teacher.

## **2. What do we mean by a healthy lifestyle?**

2.1 To maintain a healthy body every pupil:

- is aware of basic hygiene
- engages in exercise
- eats a well-balanced and healthy diet
- has enough good quality rest and sleep
- has healthy teeth
- is aware to their body's needs and wants - and knows the difference between the two (e.g. Sun Safety)

2.2 To maintain a healthy mind every pupil should:

- experience lessons about being emotionally literate and how to express emotions appropriately
- understand that all choices have consequences and can identify these
- be able to 'problem solve' everyday issues
- have well developed self-control
- have high self esteem
- be able to reflect on their areas for development or improvement
- enjoy leisure activities.

2.3 To maintain healthy relationships every pupil should:

- be taught how to be socially/appropriately confident – be friendly with peers and adults
- be able to manage friendship problems
- be able to create friendships
- be tolerant and accepting of others
- be able to give, and take, constructive criticism
- be assertive

### **3. Policy Objectives**

#### **3.1 To promote a school ethos and environment which encourages a healthy lifestyle**

- Our explicit values underpinning positive emotional health are reflected in our School Aims and Values.
- Classes feed into the Southall Parliament to give pupils a voice in how to make their school healthy
- Staff take part in quality professional development including First Aid, Pupil 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 can work with individuals and the whole school to promote healthy lifestyles as well as supporting parents and the wider community

#### **3.2 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 provides pupils with the opportunity to develop physically, mentally, socially and creatively and understand its practical impact
- Be Fit week is held once a year where the whole school take part in daily fitness challenges
- Sponsored Walk is held once a year where the whole school complete a short walk to raise money for the school.

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

- Each pupil is encouraged to freely access drinking water at all times in and out of the classroom
- A water fountain is available to allow pupils to drink chilled water throughout the day
- Southall School has easily accessible toilets, hoists changing areas and regular toilet breaks
- The school operates a no sweets/crisps/chocolate policy, for packed lunches, break times
- A special healthy menu has been put in place for lunch time
- Healthy choices are encouraged and supervised at school dinners
- Pupils are shown how to make healthy meals through food technology lessons and the eat well guide

- 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.
- Southall School follows the Healthy Schools Standard
- No pupils are rewarded with chocolate or sweets throughout the school day

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

- Active play equipment, Sports Clubs and baskets of play equipment are provided for all pupils at break times and lunchtimes
- Teaching Assistants and Lunchtime Supervisors have received training to help encourage pupils to play games.
- All pupils have three sessions of PE each week
- The pupils in Year 7 have a term and a half of swimming lessons each year
- Pupils are offered the opportunity to take part in a range of lunchtime school sports clubs
- Pupils play twice a year in the Special Schools games
- Pupils have the opportunity to play in tournaments against other schools in football, rounders, cricket and netball.

### **3.5 Encouraging healthy eating at lunchtimes**

- All pupils can explain the importance of healthy eating and of a balanced diet.
- Pupils are encouraged to eat healthily and are taught this through the curriculum, school newsletters and packed lunches monitoring.
- Chocolate or sweets are discouraged in school dinners and in packed lunches.
- A salad bar is provided daily with hot lunches.
- School dinners are balanced and meet national nutritional standards. Eg School Food Standards
- Pupils' individual dietary requirements/allergies catered for, e.g. no nuts, etc.
- Fizzy drinks are not allowed in packed lunches
- Energy drinks are not allowed on school premises