

BRAMCOTE HILLS PRIMARY SCHOOL

Promoting Healthy Living at BHPS

Be Healthy – Play Safely

Introduction

Bramcote Hills Primary School recognises its responsibility to play an active part in shaping children's attitudes to healthy living. Our Aims and Mission Statement commits us to becoming:

- A learning School
- An inclusive School
- An open School
- A happy and healthy School
- A supportive School
- A sustainable school
- An effective School

Our Healthy Living Policy contributes to achieving our Aims and Mission. The policy was formulated following consultation with staff, governors, parents, pupils and the school nursing service.

Key Objectives

We are committed to promoting children's Healthy Living. Our policy has the following objectives:

1. To promote a **whole school ethos** and environment which encourages healthy lifestyles
2. To embed healthy living issues within the **curriculum**, both formal, informal and incidental
3. To ensure **food and drink** in school reinforces the healthy lifestyle message
4. To promote **physical activity** as part of a healthy lifestyle and provide high quality Physical Education and Sport
5. To promote an understanding of **issues and behaviours** that impact on lifelong health

This policy outlines how the school is working towards making a reality of maintaining our accreditation as a *Gold Standard Healthy School*.

1. Whole School Ethos

We try to ensure that children receive consistent messages within the taught curriculum, in the organisation and management of the school and in the extra-curricular and out-of-hours activities we promote. We undertake to help children understand the impact of particular behaviours and to encourage them to take personal responsibility for the choices they make.

In particular:

- Our **assembly programme** which includes regular reminders and inputs on issues concerning healthy living

- Strong links with school nurse, school doctor and other **external services** in the interests of our children's well-being
- Support for **Health Service initiatives** including national height and weight data collections, dental surveys, etc
- Strong **home-school and community links**
- A strong **pupil voice** through our class, departmental and school councils and suggestion boxes
- Frequent **celebration of children's achievements** through recognition in class, assemblies and newsletters
- **Strong commitment** from the School Leadership Team to ensure consistency and commitment

2. Healthy Living in the Curriculum

We have an integrated curriculum with Personal, Social, Health and Citizenship Education as its foundation. The PHSCE programme works towards children taking increasing responsibility for their own health and well-being and teaches them how to develop a healthy lifestyle. Circle Time and *R-Time* are used to help children reflect on relationship issues and the part they play in their class and school.

In particular,

- **Cookery and food preparation** is planned into each year group's teaching programme linked to the class topics. Cookery and healthy eating in the school is led by a designated Teaching Assistant
- Healthy living issues are built into our **curriculum**. For example, children learn about food types, digestion and how the body works in science; geography considers the impact of consumer choices and the needs of people round the world; PE helps children develop physically and understand how sport and exercise can contribute to a healthy lifestyle and fitness
- **School visits** are undertaken by all classes and residential experiences in Years 2-6. These provide many opportunities to see how healthy lifestyle choices impact on what you do. For example, the food, drink and snacks offered, the health and hygiene advice given, and the activities undertaken
- **After school clubs** include Cookery club, dance club, athletics, running and sports clubs. Short term opportunities to experience sports are offered as in-school and after-school activities

3. Food and Drink in School

We are committed to promoting healthy eating through a whole school approach to food and nutrition; and enabling pupils to make informed choices about the food they eat. We aim to offer food and drink that reflects the healthy eating message, reduces the amount of fat, salt and sugar children consume, and increases their intake of fruit and vegetables.

In particular:

- The **Five-a-day fruit and vegetable** message is promoted through our commitment to the infant *School Fruit* scheme; and junior children

being strongly encouraged to maintain the healthy eating habit by bringing fruit and vegetables from home as mid-morning snacks.

- **Drinking Water** is provided free for all children and staff throughout the day from dispensing machines around the school. In line with the National Nutritional Standards for Healthy School Lunches, only water is offered with school lunches. Children are strongly discouraged from drinking fizzy or high-sugar content drinks brought from home.
- We recognise that **Snacks** can be an important part of children's diets and can contribute positively towards a balanced diet. Children are strongly discouraged from consuming snacks high in fat and sugar at break time. Healthier snack ideas are promoted around the school.
- **School milk** is offered to all children under the government's subsidised milk scheme. Children may have water or a low sugar juice carton as an option.
- The **School Meals** contract agreed by governors requires the serving of healthy, balanced menus each day. Menus are published in advance. The school actively promotes the school meals service – free school meals for infants and paid for meals for years 3-6. Particular dietary needs are respected and catered for in discussion with the school chef.
- **Packed lunches** are monitored by midday supervisory staff and advice is offered to parents and children on healthy options.
- Appropriate **Food Safety** precautions are taken when any member of staff is involved in preparing, storing or dispensing food in school. Advice is available from the school's chef.
- The **Eating Environment** is recognised as a factor in children's attitude to food. The school tries to provide pleasant surroundings to make meal times a positive social experience.
- **Sweets and Chocolate** The school discourages the regular eating of sweets or other foods high in sugar or fat especially as a reward for good behaviour or academic or other achievements.

4. PE, Sport and Physical Activity

We aim to offer at least two hours of PE and sport every week for all children. We provide opportunities for competitive sport to encourage teamwork, discipline, self-respect and how to cope with winning and losing. We offer a wide range of physical activities and sports to children and seek out links with local sports clubs and providers. We want children's experiences in school to lay the foundation for an active lifestyle and an understanding of the importance of exercise in keeping fit and healthy. We also promote active play during break times.

In particular:

- The school has earned the **Activemark Gold** accreditation (when available) for its commitment to PE, sports and physical activity
- A programme of playtime **Crazes of the Week** is supported by a Teaching Assistant who has additional responsibility for conflict resolution

- We have a **site development plan** which continues to develop and improve the site with a view to making it more effective at promoting quality play and more useful as a curriculum resource.
- We have an on-going **Travel Plan** with targets to increase the number of children walking to school. Safe cycling and scooting is also encouraged through offering suitable training and safe cycle storage.

5. Issues and Behaviours which impact on Lifelong Health

We recognise that other aspects of a child's life impact on their health. These include emotional well-being, (self esteem, confidence, relationships, etc) attitudes to drugs and physical and mental health.

In particular:

- The school is accredited as a **Gold Standard Healthy School** and is committed to maintaining its accreditation
- A policy and framework for learning in **Personal, Social and Health and Citizenship Education** including use of SEAL materials (Social & Emotional Aspects of Learning)
- A policy and framework for learning for **Drug Education**
- A policy and framework for learning for **Sex and Relationships Education** following consultation with parents.
- A proactive **Anti-Bullying Policy** and clear procedures in place

Monitoring and Evaluation

The school uses a variety of methods to monitor the effectiveness of this policy: SATs results in science; surveys of children's eating and snacking habits; water consumption rates; school lunch uptake figures and school travel surveys.

Conclusion

Our Healthy Living Policy sets out our commitment to providing children with the knowledge and experience they need to make healthy living choices in the future. It also commits the school to modelling good practice in what we teach and how we live as a whole school community.