



WEST BUCKLAND  
PRIMARY SCHOOL  
AND NURSERY

# **West Buckland Primary School and Nursery**

## **Healthy Schools Policy**

## Rationale

West Buckland Primary School and Nursery recognises that a healthy school is one that is successful in helping pupils to do their best and build on their achievements. We are committed to ongoing improvement and development in not just academic areas but also healthy lifestyle choices including both mental and physical health and wellbeing. We promote physical and emotional health by providing accessible and relevant information and equipping pupils with the skills and attitudes to make informed decisions about their all-round 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. We also recognise the need to provide both a physical and social environment that is conducive to learning, which is supported by a healthy underpinning.

## Aims

- To promote a whole school approach to a healthy lifestyle.
- To encourage children and staff to make informed decisions on a healthy lifestyle based on positive attitudes and information.
- To promote safe working and playing relationships and environment both inside and outside of school.
- To provide high quality Physical Education and School Sport and promote Physical Activity as part of a lifelong healthy lifestyle.
- To increase the children's knowledge and understanding of the importance of water in their diet.
- To provide children and staff with the opportunities to make informed choices about a healthy lifestyle based on current information and liaison with outside agencies.
- To develop the teaching of Food Technology aspect of the Design and Technology Curriculum with regard to Healthy Eating.
- To provide children with more choices as to how they use their playtime to be active.
- To encourage children to choose a healthy snack at morning break time.
- To support the LA's 'Fruit for School's' initiative by encouraging KS1 children to eat one portion every day at break.
- To help children develop greater confidence, motivation, self-esteem and have the skills, information and understanding to make important life and health choices.
- To achieve better academic results within a setting that supports their health and well being.
- For children to learn how to develop good relationships, and respect the differences between people.

## Detail

- West Buckland Primary School and Nursery is a nut free site.
- We fully encourage children to have a water bottle accessible at all times during lessons – water only please in case of accidents and spills.
- We fully encourage a healthy and balanced packed lunch box please. Suggestions include a piece of fresh fruit, crunchy vegetables with a small pot of dip, a meat or protein food such as slices of lean meat or hardboiled egg, dairy food such as a cheese stick or slice or yoghurt, starchy food such as bread, a roll, pita or flat bread, fruit bread or crackers and a drink such as water or squash.
- Our school dinners, provided by St. Johns C of E School, Wellington, are part of a healthy and balanced diet, portion controlled and nutritionally balanced.
- Children are not allowed fizzy drinks in school.

- Please no sweets or chocolate bars as part of a packed lunch.
- Children are encouraged to have a morning snack at breaktime – a piece of fruit or veg is best practice.
- Nursery, Foundation Stage and Key Stage One children have access to free fruit and veg as part of the National guidance.
- Nursery, Foundation Stage and Key Stage One children have access to free Milk as part of the National guidance.

## **Policy into Practice**

The school will adapt a healthy schools approach to most areas of the curriculum; therefore evidence will be very cross curricular. Some topics such as 'Ourselves' and 'Food' will cover many of our aims and objectives and opportunities are sought in other topics to further expand on these messages. Our pupils will experience most health education in the following areas:

### Assemblies

- Through key events such as Harvest, topics such as Sport Relief, projects such as the Eatwell guide and by outside speakers or organisations.

### P.E.

- Through dance, gymnastics, swimming, after school clubs and games and outdoor adventurous activities.

### PSHE

- Class discussions/Circle time: This is a regular activity in the classroom throughout the school.
- PSHE/SRE issues will continue to be covered within the curriculum through topic work, personal targets for the children, classroom rules and targets, visitors and e.g. school nurse and visits.

### Design and Technology

- Through food technology topics within the year groups, some directly based on Healthy Eating.
- Cookery is now taught discretely across the school in line with Curriculum 2014 expectations.

### Science

- Through topics within the year groups which may be based on Healthy Eating topics or cover such issues as Sex Education.

## **Special Educational Needs**

Where appropriate, modifications are made to enable children with special educational needs are able to participate and achieve in all Healthy Schools activities.

## **Equality**

We enable all pupils to have access to the full range of activities to support their learning. We encourage and support the views of other faiths and cultures and utilise these differing views to stimulate discussion and learning about, and from, others.

## **Assessment and Monitoring**

Assessment and monitoring will be undertaken on an ongoing basis within the curriculum and will be in accordance with the assessment requirements of the particular subject area.

The school will participate in the annual LA led pupil survey on health and activity.

The school will publish how any PE funding has been spent to support our Healthy Schools work. As part of this report the school will publish percentage figures for swimming ability at the end of Key Stage Two.

The school will work alongside outside agencies to provide further opportunities to promote and improve physical and mental wellbeing.

## **Role of the Co-ordinator and Staff Development**

The Headteacher is responsible for relaying all information about Healthy School's curriculum to other members of staff. They will attend any relevant courses which may contribute to the updating of this information or for personal development.

## **Reviewing the Policy**

This policy outlines the practice and intentions of the school at the present time and will be used as an ongoing document. It will be updated on a regular basis or when new legislation is available.