



# ST STEPHEN'S CEVA PRIMARY SCHOOL, BATH

## HEALTHY SCHOOLS POLICY

Document Control table			
Policy name:	Healthy Schools Policy		
Policy type:	Policy		
Effective date:	May 2017	Next review date:	May 2019
Prepared by:	Pupil Support Committee	Date:	May 2017
Approved by:	Pupil Support Committee	Date:	May 2017
Filename:	healthyschools.doc		
Document version:	1.0		



### **Introduction**

At St Stephen's CEVA Primary 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.

All members of the school community (teaching and non-teaching staff, parents, pupils and governors) work towards the school's aims.

### **Policy Objectives**

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

- Our explicit values underpinning positive emotional health and resilience are reflected in our School Aims and Values.
- Classes feed into the School Council to give children a voice in how to make their school healthy
- The school grounds include shaded areas for sun safety
- Staff take part in quality professional development including First Aid, Child protection and PSHE
- A positive learning environment is created through the 'Golden 3' behaviour expectations
- There is an active partnership with the school nurse who works with individuals and the whole school to promote healthy lifestyles as well as supporting parents and the wider community
- We have received the Healthy Outcomes Award and Healthy Schools Award and continue to maintain these

#### **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. 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 children with the opportunity to develop physically, mentally, socially and creatively and understand its practical impact
- Numeracy enables children to understand nutritional information as well as calculating, weighing and measuring



- Geography allows children to learn about physical activity opportunities in the local environment. It also encourages children to look at the changing environment

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

- Each child is asked to bring a school water bottle to school which enables children to freely access drinking water at all times in and out of the classroom. There must only be water in this water bottle.
- Water fountains are situated around school to allow children to drink chilled water at break times
- There are easily accessible toilets and regular toilet breaks throughout the day
- The school operates a no sweets/crisps/chocolate/fizzy drinks policy for packed lunches. Packed lunches should be balanced and nutritional for the child to aid them through the afternoon
- Children in EYFS to Year 2 have fruit available during snack time and all are encouraged to have some each day. The rest of the year groups are encouraged to bring a healthy snack for break time
- Milk is provided at snack time for children under 5
- Healthy choices are encouraged and supervised at lunch times. The school dinners have been made more healthy through SNAG group discussions and the cook sourcing better produce. We have also limited sugary puddings and provide fruit and yogurt as a pudding each day
- Lunch boxes are checked to ensure enough food has been eaten
- Nuts should not be provided as part of a packed lunch as we have children at St Stephen's for whom contact with nuts or nut-based products will cause an allergic reaction

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

- The 'Playpod' is provided at lunch time play to enable children to have an active play time
- Teaching Assistants have received training to help encourage interactive and 'edgy' play.
- All children have two sessions of PE each week
- The children in year 3 take part in swimming lessons each year



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- The children in Key stage 2 are given the opportunity to take part in local sporting competitions

Children are offered the opportunity to take part in a range of after school sports clubs