



Mutual respect

Ambition for all

Nurture

Healthy School Policy

December 2023

Mission: Be The Best You Can Be

Vision: Providing a world class primary education, producing adults who change the world

At Whitley Village Primary School, we provide a holistic educational experience which produces citizens who are happy and emotionally and physically healthy. They will contribute positively to their societies and are adaptable to a rapidly changing world.

Our pupils will learn to be intrinsically motivated life-long learners, who work hard to achieve their aspirations and who engage in blue-sky thinking. They will use their academic prowess, strong skills of communication and initiative to achieve their potential and become fulfilled individuals.

Pupils leave us with us with a strong moral compass, at ease with themselves and confident to enter their next phase of life. They are appreciative of the plurality of society and are thoughtful, creative individuals who overcome barriers and challenges.

In time, our pupils will utilise the choices they have at their fingertips to change the world for the better. We achieve this vision through our daily mission: be the best you can be and by remaining true to our core values of mutual respect, ambition for all and nurture.

Values:

Mutual Respect



Ambition for all



Nurture





We are a Rights Respecting School with No Outsiders

Rationale

At Whitley Village Primary School, we recognise that all children have the right to lead a healthy life and be educated and supported to do so successfully.

Article 24: Every child has the right to the best possible health; schools must provide education on health and well-being

We are a healthy school at Whitley Village Primary School. Our goal is to educate, encourage, promote and celebrate healthy eating and active living. The importance of healthy eating will be highlighted to parents and pupils and promoted at every available opportunity. Teaching of health and well-being is intertwined within our curriculum but is explicitly taught at certain points in the year as well.

What is meant by a healthy school?

A healthy school does everything within its power to ensure its pupils are in good physical and mental condition; in good health.

Aims

- To maintain a trauma informed approach to all elements of this policy
- Ensure consistency throughout our school
- Pupils understand what is meant by being both physically and emotionally healthy
- Pupils and parents are supported to make healthy snack and lunch choices
- Pupils and parents understand the benefits of drinking water throughout the day
- All pupils are active for at least 30 minutes each day

Roles

Senior Management are responsible for:

- Ensuring the implementation of this policy is consistent and coherent throughout the school
- Monitoring and evaluating the effectiveness of the policy
- Ensuring that the policy is reviewed on a biannual basis
- Communicating the policy to parents/carers, staff, pupils and governors

School staff are responsible for:

- Ensuring that the expectations within this policy are upheld
- Ensuring regular opportunities for water breaks throughout the day
- Ensuring regular opportunities to be active are built in across the school week
- Ensuring that parents are supported with any questions or queries regarding this policy
- Communicate with parents the reason why snack or drink has been sent home

Parents/Carers are responsible for:

- Ensuring that all pupils come to school with a water bottle, filled with only water
- Allowing only healthy snacks, which are outlined and shared with parents, to be brought to school
- Taking advantage of the range of free extra-curricular opportunities on offer each term
- Providing feedback on what works well and what needs to develop regarding this policy

The child is responsible for:

- Remembering to bring in their own water bottle every day

This year, Whitley will engage with the 'Healthy Schools Rating Scheme' from the DfE which outlines the criteria a school must prioritise: It also celebrates the positive actions that schools are delivering in terms of healthy eating and physical activity and aims to help schools identify useful next steps in their provision. Each year, Whitley Village will self-assess using this rating scheme.

General health and well-being

Pupil health and well-being is at the forefront of everything we do as a school. Research into Maslow's hierarchy of need tells us that our physiological needs (inc. sleep, food, water) is the bedrock of positive human life and the motivation to succeed. To ensure that pupils who have not had these needs met are fully supported, these needs are met in various ways within school.

The school environment is cohesive to support pupils to lead healthy lives. Pupils' chairs are comfortable and safe, with anti-rocking systems to prevent injury to pupils or damage to the chair. Pupils' mental health is supported through providing them with roles and responsibilities, given them purpose and feelings of self-worth.

Pupils are well supported when they are experiencing poor mental health. Referrals to outside agencies may be made if needed. Half termly yoga sessions allow children to discuss feeling, and how to practice mindfulness. Annual events, such as Children Mental Health Week, allow children to reflect on their mental health and people who are there to support if needed. We use Dojos as a reward system to promote self-esteem and allow the children to feel part of the classroom community as students see as a whole total and their individual contribution. Parents and pupils are encouraged and educated in the benefits of walking/cycling to school and promoted through active travel weeks.

Water Bottles

It is expected that pupils will bring in their own water bottles to use throughout the day. Water bottles used in class and at break times will only contain water. If a pupil arrives at school with a bottle filled with anything other than water, it will be returned to the pupil's bag and water will be offered. School will only provide a water bottle to a child in exceptional circumstances. Pupils may bring juice to drink as part of their packed lunch. Juice is offered at lunch times only for pupils choosing a school meal. Fizzy, sugary drinks will not be allowed at any point in the school day. If a pupil brings in a fizzy, sugary drink, then this will be returned to their bag and taken home.

Snack

Pupils in Reception are offered a snack at playtime in the form of fruit. This offer is continued throughout KS1. Any remaining snack is then brought to KS2 classes and offered to any pupil who does not have a healthy snack that day. This will be in the form of a fruit bowl outside of each class.

Children can bring in a health snack from home if they wish. The NHS guidance from 'Change4Life' advises that snacks are kept to under 100 calories. We recommend that one snack is needed for this time in the day. Pupils who bring in unhealthy snacks will be asked to return them to their bags to take home. A replacement snack will be offered in the form of fruit. This will be sensitively explained to parents at the end of the day.

Lunch

Lunchtimes are a calm experience for all pupils. Pupils are given time to eat their lunch in a positive manner. We strongly encourage socialisation during lunchtimes. We provide discussion stimulus on the board to promote conversation starters, including the rights of a child. Each day, there are healthy options for pupils to choose for their lunch, including fruit and salad bar.

Active 30

The school ensures that each pupil has access to at least 30 minutes of active time each day. This will include a range of provision and opportunity including 5-a-day. Staff are mindful of levels of inactivity in their class throughout the school day and find opportunities, when needed, to promote physical activity. Staff are mindful of pupils 'screentime' and ensure that pupils are not required to look at screens for prolonged periods of time. When pupils are restricted to staying indoors due to bad weather, they are given active options within the classroom. Each class has active monitors who record their class activity across the day. Children are encouraged to take leadership over this and feedback to teachers.

Education

Education on living a healthy lifestyle is interwoven within our curriculum. There are specific units of work within our Science curriculum that educates children on what consists of a healthy lifestyle and what is unhealthy for the body and mind. Further education on how to lead healthy lifestyles comes through Physical Education lessons. Through

Internet Safety lessons, pupils are educated on the benefits and potential risk of internet use, including the use of social media. Additionally, regular workshops are held to educate pupils further on what a healthy diet is and the benefits of keeping active. We look for every opportunity to support parents to understand how they can support their children to lead healthy and positive lifestyles. This is predominantly conducted through workshops, school newsletters and via Twitter. We also use parents' evenings as an opportunity to offer further support including the sharing of our schemes which use to support our RSE and drugs and alcohol lessons.

Review and Evaluation

The effectiveness of this policy is reviewed throughout the year. Pupil voice is sought regularly and use as part of the evaluation process.