

Greenmount Primary School



**Greenmount
Primary School**

Healthy Schools Policy

Reviewed July 2022

Next Review July 2024

Introduction

At Greenmount 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, but the overall responsibility for the policy is with the PSHE co-ordinator, the Health and Wellbeing Leader and the Headteacher.

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, 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 works with individuals and the whole school to promote healthy lifestyles as well as supporting parents and the wider community

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 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.
- Children across school take part in the "Staying Alive" pedestrian training scheme. Pupils also complete bike-ability, balanceability and scooter training (depending on the year group)
- To ensure the food and drink available across the school day reinforces the healthy lifestyle message
- Children to freely access drinking water at all times in and out of the classroom.
- Greenmount Primary school has easily accessible toilets and regular toilet breaks

- Children across the school have fruit available during morning break time, along with milk, and all are encouraged to have some each day.
- A special healthy menu from our school lunch providers, Leeds Catering , has been put in place for lunch time.
- Healthy choices are encouraged and supervised at school dinners.
- The school discourages from children bringing in sweets/crisps/chocolates, for packed lunches,
- Children have a checklist in there pack lunches to advice parents and children on what can be brought to school (see Appendix)
- Lunch boxes are checked to ensure enough food has been eaten.
- Children are shown how to make healthy meals through food technology lessons.
- 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.
- Greenmount Primary School follows the Healthy Schools Standards.

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

- Active play equipment is provided for all ages at break times and lunchtimes–
- Teaching Assistants have received training to help encourage interactive play.
- All children in Year 4 swim once a week across the whole year.
- Children are offered the opportunity to take part in a range of after school sports clubs.

Appendix 1:

WHAT IS ALLOWED IN MY LUNCH BOX

Sandwich fillings have to be savoury, you could try :
have:

Tuna salad

Cheese and tomato

Salmon

Egg mayonnaise

Grilled shredded chicken

Salad

Strawberries.

Cold roast vegetables

Halal sausages/salami

Marmite or an alternative spread such as Cream Cheese

Or a sweet alternative: Mashed banana

A fruit yoghurt. A biscuit plain or oat
and no added sugar).

No chocolate or fizzy drinks are allowed. **No** cooked or fried foods. **No** sweet fillings such as jam or peanut butter.

As a treat, a packet of crisps is allowed two days a week.

Or a change from a sandwich you could

A tortilla wrap,

Pita bread or a cold pasta salad.

Also include:

A piece of Fruit – apple, banana, grapes or

A Vegetable – Carrot sticks, Celery or cherry tomatoes.

Or maybe a packet of raisins.

To drink: Milk, water or a fruit juice (no fizz