

Healthy Schools Policy



Approved by: Penny Harris (Director) Jane Cox (Director) **Date:** 28th November 2023

Last reviewed on: 28th November 2023

Next review due by: 28th November 2024

1. Policy Purpose

Regular Physical Activity and healthy eating can improve quality of life, improve health, promote social inclusion, raise individual self-esteem and confidence and counter anti-social behaviour. Schools play a key role in promoting active/healthy lifestyles to young people through developing their attitudes, knowledge, confidence and competence to help encourage a lifelong commitment to healthy living.

2. Aims

- To increase the Physical Activity levels and wellbeing of the whole school community by developing a supportive environment conducive to the promotion of Physical Activity.
- To develop an understanding of the importance of regular Physical Activity amongst the whole school community for maintaining a healthy life.
- To provide safe, easily accessible water during the school day.
- To promote healthy eating/healthy food choices.
- To use a range of opportunities to promote healthy eating.
- To increase knowledge and awareness of a healthy diet through our PSHE, SMSC, Food and ASDAN curriculum.

3. Objectives

- To ensure that all students have the opportunity to develop the confidence, competence and enthusiasm to participate in Physical Activity for at least an hour each day as recommended by the Chief Medical Officer (Department for Health) and to establish and maintain an interest in regular physical activity.
- To improve student, parent/carer and staff knowledge, understanding, experience of and attitudes towards participation in physical activity and healthy eating.
- To provide a wide range of quality Physical Activity opportunities both within and outside the curriculum for children, young people, staff and parents/carers and enable students to participate in high quality physical activity each week.
- To ensure that physical activity and healthy eating provisions in the school reflects the cultural, personal, social and medical needs of all students.

4. Ethos and Environment

- All those leading physical activity sessions adopt a caring and supportive approach and have a commitment to every child.
- The school identifies students who do not participate regularly in physical activity and those who need extra support to participate, and implements strategies to encourage and support them to be more active.
- We have adopted a whole school approach through working towards/achieving Healthy School Status.
- The participation of children and young people in physical activity is recognised and celebrated through information on notice boards and in newsletters.
- Pupils are encouraged to try new food, and develop the variety in their diet.
- Each kitchen has key healthy eating information.

5. Curriculum

- The school is providing at least two hours of curricular physical education for all units.
- The PE programme is broad and balanced, complies with statutory requirements and is accessible to and meets the needs and interests of all students.
- All staff look for opportunities to plan active lessons where possible and appropriate. The school uses short bursts of physical activity to break up learning.
- All students learn how active they should be, and activity levels are regularly monitored.
- The Duke of Edinburgh's Award Scheme is popular at Bronze level.
- Lessons available to pupils include: Forest School, Bushcraft, Gym, Swimming, climbing, and PE/sport sessions.
- The PSHE curriculum provides opportunities for students to develop their understanding of healthy eating, and nutritional values.
- The food curriculum provides hands-on opportunities for students to prepare and cook food. The BTEC qualification also allows students to plan and research healthy meals.

6. Healthy Lifestyles Themed Day/Week

Specific time is allocated each school year to focus on promoting healthy lifestyles. Links are made to healthy eating, risk taking and drugs, road safety and first aid.

7. Packed Lunches

This applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours.

Packed lunches should not include:

- Fizzy drinks
- Energy drinks

Chocolate and crisps are allowed in moderation, so that students do not view these as negative entities. Instead, we promote healthy, rounded eating.

8. Special Diets and Allergies

These are catered for after detailed discussion with parents.

9. Breakfast Club in forms

- To provide food for children of families that have an early start to their day
- To improve pupils' education: if a child misses out on breakfast they may suffer from tiredness, a lack of concentration, poor behaviour or learning issues by mid- morning.
- To meet the social needs of children and improve social skills in a relaxed environment.
- The club offers a calm, clean, pleasant environment for children to eat breakfast and to socialise with peers and staff.

10. Water for all

During the school day, filtered, cooled water is available in every unit, at any time of the day. At lunchtime pupils can also have squash. If children bring in a sugary drink they will be asked to take it home and we talk to parents and carers and remind them of the policy.

11. Out-of-School-Hours Learning (OSHL)

- All children and young people are provided with opportunities to be physically active through out-of-hours activities via a wide range of activities including both individual and team/group, non-competitive and competitive.
- The emphasis is on participation and enjoyment and the opportunities are open to all children and young people, regardless of ability.
- Physical Activity is promoted during breaks and lunch-times.
- Specific events are organised throughout the year that promote Physical Activity and raise its profile across the whole school community.

12. Community Links

- Students are made aware of Physical Activity opportunities beyond school through a variety of means.

13. Active travel

- Currently all students attending On Track Northampton arrive and depart in a taxi due to the journey they take to come to school. If, and when, we get a local pupil they will be given advice and clear instructions on how they can make the journey into school safely.

14. Consultation

- Students, staff and parents/carers are consulted and involved in decisions about the range and type of physical activity opportunities offered.
- Consultation takes place through the Student Council, staff meetings, a pupil review questionnaire at the end of each term and a 'pupil voice' box placed in each unit.
- The school takes steps to remove barriers to participation identified by consulting with students where possible, and involves them in these developments.

15. Staff opportunities

- There are planned, established, and implemented activities to promote physical activity among staff and provide opportunities for staff to engage in regular physical activity. Activities involve body combat, yoga, staff walks and boxing. Staff are made aware of sporting opportunities provided by the local council. Also,

staff often participate in and support sponsored events such as the 'Race for Life' or 'Tough Mudder' to raise money for charities.

- There is an annual focus on staff wellbeing through a planned programme of activities which are ongoing throughout the year as well as one specific wellbeing focus week each year. Staff offer activities and external agencies are invited into school during that week.

16. Involvement with Parents/Carers

- An information leaflet is sent out to parents/carers highlighting the benefits of Physical Activity for their children, the ethos of the school and the opportunities available at the start of each year.
- This school actively involves parents in physical activity to gain their support and encouragement, which is essential if pupils are to participate in physical activity outside of school.

17. Safety

- The school is committed to safe and effective exercise procedures.

18. Monitoring and evaluation

- The physical activity curriculum and out of school hours learning programmes is monitored on an ongoing basis through a formal assessment process plus teacher/pupil and parent self-evaluation and reviewed annually.

Aspects that are monitored include:

- progress/attainment in Physical Activity for children and young people
- the range of Physical Activity opportunities offered to children, young people, staff and parents/carers and the levels of participation
- the percentage of children and young people participating in two hours per week of high quality PE or school sport within the curriculum and towards a further three hours beyond the curriculum
- the number of professional development courses attended by staff/activity leaders

The methods of evaluation include:

- assessing the achievements of children and young people
- reviewing curriculum mapping
- reviewing programmes of activities
- reviewing registers for activities
- children, young people and staff discussions
- minutes of Student Council meetings
- questionnaire - parents/carers + pupils/staff

19. Review

In order to ensure that this policy is relevant, if you have any comments please email directors@ontrackededucation.com