



# Gorse Hall Primary School



## Healthy Living, Eating and Drinking Policy

The governing body has overall responsibility of ensuring that the Healthy Policy, as written, does not discriminate on any grounds, including but not limited to: ethnicity/national origin, culture, religion, gender, disability or sexual orientation.



### RATIONALE

Gorse Hall Primary School recognises the importance of promoting the need for adopting healthy lifestyles. Developing healthy food habits, encouraging physical activity and promoting general healthy decision making in children can have hugely beneficial outcomes.

The beneficial effects that a healthy lifestyle has on concentration, overall school performance and prevention of health problems, are examples of why a healthy lifestyle policy is enforced at the school.

We understand the role that the school and its staff have in ensuring healthy lifestyles are adopted and their benefits are understood by pupils.

We plan to implement a Healthy lifestyle programme in line with the following Government guidelines:

- Working Towards Healthy Schools: A Toolkit to Assist School Development Planning For Health • Investing for Health, (March 2002)

- Fit Futures: Focus on Food, Activity and Young People (December 2005),
- The Education (School Development Plans) Regulations (NI), (2005)
- Every School A Good School, A Policy for School Improvement, (April 2009)
- Together Towards Improvement, A Process for Self- Evaluation, (ETI)

## **1. Legal framework**

1.1.This policy has due regard to legislation and statutory guidance including, but not limited to, the following:

- School Food Plan 'School Food Standards' 2015
- DfE 'School food in England' 2016

1.2.This policy operates in conjunction with the following school policies: • Healthy Eating Policy • Healthy Packed Lunch Policy • Allergen and Anaphylaxis Policy • Primary/Secondary PE Policy • [Primary only] Primary Physical Literacy Policy • Social, Emotional and Mental Health Policy 2.

## **Roles and responsibilities**

Eco and Environmental Sustainability Policy



### **2.1.Staff are responsible for:**

- Ensuring that this policy is implemented across the school.
- Encouraging and incorporating healthy lifestyles wherever possible.

2.2.Parents are responsible for:

- Cooperating with this policy, to ensure that pupils are more likely to adopt healthy habits.
- Complying with the school's **Healthy Packed Lunch Policy.**
- Encouraging pupils to join an extra-curricular activity which involves some sort of physical exercise, which will help with adopting a healthy lifestyle.
- Supporting sports days and other sporting events organised by the school, as this is likely to develop a positive relationship between pupils and physical activities.
- Understanding the importance of nutritional information found on food packaging. Food packaging usually follows a traffic-light system; red refers to a high

concentration of the relevant nutritional information (sugars, fats, salts etc.), amber refers to a medium concentration of the relevant nutritional information, and green refers to a low concentration of the relevant nutritional information.

2.3. Pupils are responsible for:

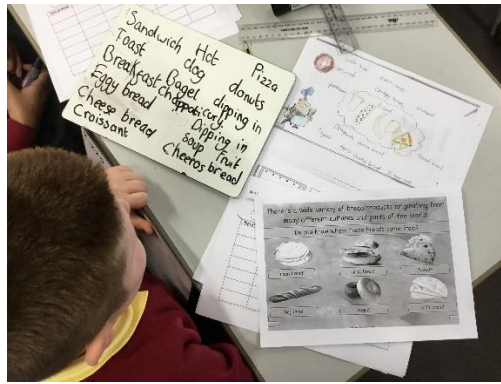
- Adhering to this policy at all times.
- Adopting a healthy lifestyle in and out of school.



**3. Aims of the policy** 3.1. This policy aims to:

- Ensure that pupils are adopting healthy eating and drinking habits.
- Ensure that pupils are not only participating in one hour of exercise a day, but that pupils are encouraged to enjoy exercise and participate in further exercise as part of an after-school club or out-of-school club.
- Ensure that pupils are given the opportunity to take part in other activities which build on healthy lifestyle habits, such as the school's Gardening Club and Africa committee cooking activities and Well-being Ambassadors.
- Offer parents clear guidance on providing healthy lifestyles at home.

## 4. Healthy eating



4.1. As a general rule, children's daily diets should include:

- At least five portions of a variety of fruit and vegetables.
- Meals based on starchy foods, such as pasta - wholegrain varieties should be chosen when possible.
- Some milk and dairy products - low-fat options should be chosen when possible.
- Foods that are a good source of protein, such as meat, beans and fish.

4.2. Gorse Hall Primary school has a School Food Policy in effect which outlines the approved food and drink items that the school allows.

4.3. To ensure that pupils do not exceed their recommended allowance of sugar during the school day, pupils are not permitted to bring food or drinks which are unapproved by the school.

The recommended daily allowance of sugar for:

- A 4-6-year-old is no more than 19g of sugar - roughly five cubes
- A 7-10-year-old is no more than 24g of sugar - roughly six cubes
- 11+ year-olds is no more than 30g of sugar - roughly seven cubes

4.4. To ensure that pupils do not exceed their recommended allowance of saturated fats during the school day, pupils are not permitted to bring food or drinks which are unapproved by the school. The recommended daily allowance of saturated fats for:

- A 4-6-year-old is no more than 18g of saturated fats
- A 7-10-year-old is no more than 22g of saturated fats
- 11+ year-olds is no more than 28g of saturated fats

4.5. To ensure that pupils do not exceed their recommended allowance of salt during the school day, pupils are not permitted to bring food or drinks which are unapproved by the school. The recommended daily allowance of salt for:

- A 4-6-year old is 3g - roughly 6 sachets of salt
- A 7-10-year-old is 5g - roughly 10 sachets of salt
- 11+ year-olds is 6g - roughly 12 sachets of salt

4.6.Meals provided by the school will comply with the School Food Standards (2015).

4.7.The school will ensure that pupils have access to fresh, clean water via reusable water bottle (from home) and water-stations in KS1 and KS2.

4.8.At Gorse Hall Primary school meals brought from home, i.e. parent-packed lunches and snacks, are also required to comply with the School Food Standards (2015), as outlined in the school's **Healthy Packed Lunch Policy**.

4.9.To allow for the promotion of healthy eating, the following food and drink should not be encouraged:

- Chocolate bars or chocolate coated biscuits
- Other confectionery items such as sweets or chewing gum
- Carbonated drinks or those containing high levels of sugar/caffeine

4.10. The school will promote and encourage healthy lifestyles through incorporating healthy habits into the curriculum, for example, in Design Technology (Food) pupils will be taught to prepare and cook healthy eating options. Eg Bread Y5 Healthy Sandwiches Y3



4.11. The school will ensure that all pupils are given the opportunity to learn how to cook, with the aim that these lessons will encourage pupils to give attention to healthy foods in the future.

4.12. Science lessons will be used to teach pupils about the impacts of eating unhealthily and the benefits of healthy eating and regular exercise.

4.13. Gorse Hall Primary school will ensure pupils develop an understanding of healthy habits, like the importance of oral hygiene and how sugars can impact this.

4.14. All pupils will be given the opportunity to partake in indoor and outdoor fitness activities, as a part of PE lessons, sports days and school organised clubs.



4.15. All subjects will incorporate ways of promoting healthy eating wherever possible, for example, in English pupils may create a recipe book.

4.16. The school understands that some pupils may have particular dietary needs or allergies, for these pupils, parents will provide the school with a list of the pupil's dietary requirements and the necessary action to be taken should a pupil have an allergic reaction. (eg Wrist Bands)

4.17. Any parent-packed lunches must be as nutritional and healthy as pupils' dietary requirements will allow.

4.18. Pupils are not permitted to share or swap any food, including that provided from home in packed lunches or snacks.

4.19. Advice for parents regarding our policies and healthy habits will be available at all times from the school office.



## 5. Physical activity

5.1. The school will aim to ensure that pupils partake in at least 2 hours of physical activity in a school week.

5.2. The school will have a range of activities on offer during PE lessons and teachers will explore different sports to gauge what is well received by the pupils in class, which should result in a higher level of pupil motivation and productivity.

5.3. PE lessons will be carefully planned, to give all pupils an equal opportunity and so that all pupils are able to partake in a sport that they enjoy.

5.4. The school understands that pupils can feel self-conscious and lack confidence when it comes to physical activity, so PE lessons will be planned to support and encourage all pupils, helping them to build upon their skills and confidence.

5.5. As it is a fun and creative mode of exercise, dance will be taught as part of PE lessons.

5.6 **Daily Mile**. Running will be included as part of PE lessons, and will be incorporated into sports days and school competitions. The school will hold an annual cross country running race.

5.7. As it is part of the national curriculum, all pupils will be required to learn how to swim. The school will organise transport to the local swimming centre once a week.

5.8. **Bikeability Scheme** will be offered to Year Six children.



## 6. Equal opportunities

6.1. All pupils will be given an equal opportunity to partake in physical activities in PE, afterschool clubs and wherever else appropriate.

6.2. For pupils with SEND, reasonable adjustments will be made to ensure that they can partake in the same activities as their peers, for example, ensuring the school has height-adjustable nets, where appropriate, to allow for pupils in wheelchairs.

6.3.The subject teacher will conduct the relevant risk assessments prior to a pupil with SEND partaking in physical activities.

6.4.The subject teacher will ensure that the appropriate additional support is allocated to pupils with

## **SEND. 7. PE and Sports Premium**

7.1.The school will comply with the requirements outlined within the PE and sports premium grant.

7.2.The school uses the PE and sports premium to support pupils with SEND and adapt PE lessons to meet their needs.

## **8. Extra-Curricular Activities**

8.1.The school seeks to promote healthy lifestyles through providing extra-curricular clubs, before, during and after school for pupils who wish to attend.

8.2.The school will provide a daily Breakfast Club to ensure that pupils are receiving a healthy and nutritional start to their day.

8.3.The school will run a Gardening Club which aims to promote the notion of growing and eating fresh organic foods. (season dependent)



8.4.The school will run a Forest School which will be used to teach pupils about nature, wildlife and should encourage pupils to enjoy being in the outdoors.

## **9. Mental Wellbeing**

9.1.The school understands that the mental health and wellbeing of its pupils is just as important as physical health. For this reason, the school aims to ensure positive mental health by:

- Well-being ambassadors (one from each class) will lead and support activities and campaigns.
- Monitoring children's self-esteem through one-to-one mentoring.
- Offering in-school counselling to those pupils who require it.



- Successfully implementing the school's Social, Emotional and Mental Health Policy.
- Ensuring that staff are aware of the signs to look out for in regards to mental health concerns.
- Ensuring that staff understand the procedure for assessing and supporting pupils with mental health difficulties, and reporting their progress.

9.2. Pupils will be encouraged to partake in community projects where they will be working in teams, as this will build confidence and promote an inclusive attitude.

9.3. The school will conduct regular assemblies where mental health difficulties will be discussed, with the aim of developing an understanding and willingness to speak out about mental health.

9.4. All subjects will incorporate mental health awareness in lessons, when appropriate, for example in PSHE during mental health awareness week.



## 10. Monitoring and review

10.1. The Healthy school coordinator is responsible for reviewing this policy annually.

10.2. The effectiveness of this policy will be monitored and evaluated by all members of staff.

Any concerns will be reported to the headteacher immediately. Reviewed by: September 2024