

	<p><b>The Redway School</b></p> <p><b>Healthy School Policy</b></p>
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**Date of Policy:** January 2018

**Review Date:** January 2020

**Member of Staff Responsible:** Rachel Farrow, Assistant Headteacher

### **Introduction**

At The Redway School we aim 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 that encourages a healthy lifestyle**

- Our explicit values underpinning positive emotional health and resilience are reflected in our school values and our curriculum
- The school grounds include shaded areas for sun safety. Children are encouraged to wear hats in very sunny weather
- Staff take part in Continuing Professional Development including First Aid, FGM and CSE, Child Protection and Safeguarding, Epilepsy Training, Team Teach and Food Hygiene to ensure we meet or exceed all statutory requirements
- There is an active partnership with the community nursing team

who work with the whole school to promote healthy lifestyles as well as supporting parents and the wider community

We 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 provides the opportunity to learn from where food comes and apply healthy eating messages through practical work with food including preparation and cooking
- PSHCE encourages young people to take responsibility for their own health and well-being and teaches them how to develop a healthy lifestyle and keep themselves safe
- Physical Education provides children with the opportunity to develop physically, mentally, socially and creatively and understand its practical and sustained impact in day-to-day life.
- Numeracy enables children to understand nutritional information as well as calculating, weighing and measuring.

We ensure the food and drink available across the school day reinforces the healthy lifestyle message water is available for pupils and staff at all times.

**In addition:**

- We have fully accessible toilets and encourage regular toilet breaks
- Pupils are given free fruit every day (for those for whom it is applicable)
- We strive to ensure our lunch menu, offers variety and is balanced across all the food groups. Our menu changes half-termly to offer seasonal choices
- Healthy choices are encouraged and supervised at school lunches

- Lunch boxes are checked to ensure sufficient food has been eaten
- For special events such as class parties, festivals, fetes, fairs and coffee mornings, staff and parents will ensure that a variety of food choices are available, keeping in mind the Healthy School Policy

**We 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.
- All children have at least two sessions of PE each week (one land based and one water based, plus off site activities)
- Children across the school are given the opportunity to take part in local sporting competitions including Ability Games, Boccia Tournaments, Saracens Rugby,
- Children are offered the opportunity to take part in a range of lunchtime and after school sports