

# West Earlham Infant and Nursery School

## Healthy Lifestyle Policy

### **Statement of intent**

West Earlham Infant and Nursery 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 adopted at our school.

At West Earlham Infant and Nursery School we understand the role that the school and its staff members have in ensuring healthy lifestyles are adopted and their benefits are understood by children.

### **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

### **2. Roles and responsibilities**

2.1. Staff are responsible for:

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

2.2. Families are responsible for:

- Cooperating with this policy, to ensure that children are more likely to adopt healthy habits.
- Complying with the school's Healthy Packed Lunch standards.
- Encouraging children 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 children and physical activities.

### **3. Aims of the policy**

3.1. This policy aims to:

- Ensure that children are adopting healthy eating and drinking habits.
- Ensure that children are not only participating in one hour of exercise a day, but that children are encouraged to enjoy exercise and participate in further exercise as part of an after-school club or out-of-school club.
- Ensure that children are given the opportunity to take part in other activities which build on healthy lifestyle habits, such as the school's cooking club.
- Offer families clear guidance on providing healthy lifestyles at home.
- Make the provision and consumption of food an enjoyable experience in a safe and pleasurable environment

### **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. West Earlham Infant and Nursery School Healthy Eating Policy is detailed below.
- 4.3. To ensure that children do not exceed their recommended allowance of sugar during the school day, children are not permitted to bring fizzy drinks or sweets into school.
- 4.4. All children are entitled to free school meals and these will comply with the School Food Standards (2015). Alongside this the school offers a free daily breakfast provision and fruit and veg for snack as part of the School Fruit and Vegetable Scheme. Milk is provided for children in our Nursery.
- 4.5. The school will ensure that children have access to fresh, clean water.
- 4.6. At West Earlham Infant and Nursery 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 statement.
- 4.7. To allow for the promotion of healthy eating, the following food and drink are not permitted by West Earlham Infant and Nursery School:
- Chocolate bars or chocolate coated biscuits
  - Other confectionery items such as sweets or chewing gum
  - Carbonated drinks or those containing high levels of caffeine
- 4.8. The school will promote and encourage healthy lifestyles through incorporating healthy habits into the curriculum.
- 4.9. Science lessons will be used to teach children about the impacts of eating unhealthily and the benefits of healthy eating and regular exercise.
- 4.10. West Earlham Infant and Nursery School will ensure children develop an understanding of healthy habits, like the importance of oral hygiene and how sugars can impact this.
- 4.11. All children 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.
- 4.12. The school understands that some children may have particular dietary needs or allergies, for these children, parents will provide the school with a list of the children's dietary requirements and the necessary action to be taken should a child have an allergic reaction.
- 4.13. We will audit and monitor on a regular basis our food provision. Consultation with children and families will be included in elements of this process.
- 4.14. All food provided by the school is accompanied by a completed Allergen List.
- 4.15. Food is not used as a reward, and within main school children are not allowed to bring in food items to celebrate special days. Within the nursery provision families are able to do this, however the food should be handed to the families at the end of the session so that they have the authority over whether or not their child consumes the food.

## **5. Physical activity**

- 5.1. The school will aim to ensure that children partake in at least five 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 children in class, which should result in a higher level of children motivation and productivity.
- 5.3. PE lessons will be carefully planned, to give all children an equal opportunity and so that all children are able to partake in a sport that they enjoy.
- 5.4. The school understands that children can feel self-conscious and lack confidence when it comes to physical activity, so PE lessons will be planned to support and encourage all children, helping them to build upon their skills and confidence.

5.6. Running will be included as part of the school day in the 'daily mile' and will be incorporated into sports days and school competitions.

## **6. Equal opportunities**

6.1. All children will be given an equal opportunity to partake in physical activities in PE, after-school clubs and wherever else appropriate.

6.2. For children with SEND, reasonable adjustments will be made to ensure that they can partake in the same activities as their peers.

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

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

## **8. Extra-curricular activities**

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

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

8.3. The school will provide daily active clubs, such as Football Club, Dodgeball and Active games club.

8.4. The school will run a Forest School provision as part of the key stage1 curriculum offer which will be used to teach children about nature, wildlife and should encourage children to enjoy being in the outdoors.

## **9. Mental wellbeing**

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

- Monitoring children's self-esteem using CPOMS
- Offering ELSA session to those children 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 children with mental health difficulties, and reporting their progress.

## **10. Supporting families:**

We recognise that families have the greatest influence on enabling children to make healthy eating choices. We regularly include information and ideas around healthy eating in newsletters, through displays and on our website.. We actively involve parents and up skill those who are interested through food related courses planned by the Family Support Worker.

## **Approval**

This policy has been reviewed in line with the 2010 Equality Act and Public Sector Equality Act. Due regard has been given to Equality.

This policy will be adopted in **February 2019**. The date of the next formal review will be **February 2022** and every three years thereafter, unless statutory legislation changes.

Policy approved by the Head Teacher of West Earlham Infant and nursery School

Based on the School Bus Model Policy