



Riverside



Hallam Fields

Riverside Primary School

D: HEALTHY POLICY

2018-21

Reviewed by	Executive Headteacher
Date approved	19.12.18
Reviewed	31.8.18
Policy Responsibility - staff	Executive Headteacher (C Norman)
Policy Responsibility - Governance	LAT Board/Hub GB
Website	Yes

Introduction

In our schools, 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 Executive 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 Ambassadors to give children a voice in how to keep their school healthy.
- Staff take part in quality professional development including First Aid, Child protection, PSHE and PE CPD.
- All food and drink available across the school day reinforces the healthy lifestyle message.
- Children should bring a refillable water bottle to freely access drinking water at all times in and out of the classroom.
- Our schools have easily accessible toilets and regular toilet breaks.
- Children in KS1 and the Foundation Stage have fruit available during morning break time and all are encouraged to have some each day.
- KS2 parents are encouraged to send fruit snacks for the children at break time.
- The 'School Food Trust' implement a hot dinner, healthy menu which can be purchased at KS2 and is provided as part of the Universal Free School meals program for Foundation Stage and KS1 at lunch time.
- Healthy choices are encouraged and supervised at school dinners.
- Lunch boxes should contain a balanced diet, sweets and other high sugar foods and drinks are discouraged.
- For special events such as class parties, birthdays, festivals, fetes and fairs, staff and parents will ensure that a variety of food choices are available, keeping in mind the Healthy School Policy.
- Our schools are nut free schools, which for health and safety purposes is strictly enforced and communicated on a regular basis to pupils, parents and staff.
- Our schools follow the Healthy Schools Standard 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.
- All children have two sessions of PE each week including participation in the 'daily mile' exercise program.
- The children in our schools are given the opportunity to take part in local sporting competitions.
- The school has a partnership with the School Sports Co-ordinator (SSCO) to develop sport across the school and make links with other local schools.
- Children are offered the opportunity to take part in a range of after school sports clubs.

Approved/Reviewed by (name/group)	LAT Board/Hub GB
Date approved	19.12.18
Policy Responsibility – staff	Chelsea Norman
Policy Responsibility – Governance	LAT Board/Hub GB
Website	Yes