

Promoting a Healthy Lifestyle 2018-2022

Introduction

We are committed to ensuring that the children in our care grow into healthy adults, consequently, the school does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food and the dangers of substances such as drugs and alcohol.

Aims and objectives

- to help our children know and understand the importance of food and drink in a healthy lifestyle
- to give our children the skills they need to make the right choices with regard to food, drink, exercise and medicine
- to promote the skills required to support our children make the right choices in later life when faced with decisions over tobacco, alcohol and other substances
- to promote the physical and emotional well-being of all our children

1. Healthy Eating

Our whole-school food policy is designed to contribute a vital element to our strategy of creating a school environment in which children can thrive. We believe that it is only through a whole-school approach that the key messages about food and drink can be really effectively conveyed. This document sets out our policy on this.

The curriculum

We plan explicit teaching about healthy eating in our formal curriculum. For example, we will teach children about the preparation and cooking of healthy food in design technology classes, while in geography lessons, children will learn where food comes from and how it reaches the shops. In science, we will teach about nutrition and the needs of a healthy body. Through mathematics, we will teach children to measure and calculate size and weight. In English, we will provide opportunities for children to discuss, read and write about health-related issues, such as GM foods, and why some parts of the world have a surplus of food, while other parts have famine. In religious education, children will learn about how food is valued in different societies, and the part food plays in religious custom and practice. In physical education, children will have the opportunity to learn how their body reacts to exercise, and the importance of food and drink to participation in sport and dance. In PSHE, children will have the opportunity to reflect on food-related issues such as how food is advertised, and how we can enjoy treats without damaging our bodies.

We will also promote healthy eating through the informal curriculum. For example, we will promote healthy eating regularly in assemblies; we will encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle; we will organise school visits to outdoor pursuit centres, and provide opportunities for children to

explore the natural world. Our school playground, field and hall will be fully exploited in the interest of the children's physical and emotional development through playground activities.

Extra-Curricular Clubs

We offer extra-curricular opportunities to learn about healthy eating and physical activity. E.g. We offer a healthy eating club and a change for life club.

The school environment

We ensure that our school environment promotes healthy eating. We will not allow children to bring sweets, crisps or chocolate into school at any time.

- We will not give sweets or chocolate as prizes or rewards in school.
- We will not have vending machines on the school site that dispense sweets or chocolate.
- We will encourage children to drink plenty of water by providing them with easy access to cooled water, and regular opportunities to drink water throughout the day.
- Children will be encouraged to bring fruit or healthy snacks to eat at break times if they wish to have a snack. They will not be allowed to eat crisps, sweets or chocolate.

School lunches

We provide hot school dinners via Taylor Shaw. We ensure that the lunch offered is nutritionally balanced and low in sugar, salt and fat. The children can bring in a packed lunch from home. On induction parents are informed of our approach to healthy eating and are given clear guidance about what should be included in a healthy packed lunch.

Break time snacks

Pupils from Nursery-Year 2 are given fresh fruit or vegetables for a break time snack. Pupils in years 3-6 are expected to bring in a healthy snack such as fresh fruit or vegetable, plain biscuits or low sugar muesli bars.

Nuts

As we have children who suffer from nut allergies, we do not allow nuts in school.

2. Drugs and Alcohol

Aims & objectives

- To take a firm stance against illegal drugs
- To raise awareness for children of the importance of their choices in forging a healthy lifestyle.
- To recognise the valuable role that medication can have
- To enable children to develop a self-awareness and realise the power they have to determine their own lives
- To ensure that children have access to balanced information and views against which they can clarify their own opinions to help children establish the difference between fact, opinion and belief

Hermitage Primary has a zero tolerance approach to the misuse of drugs and alcohol on school premises.

We strive to educate our pupils on the dangers of drug and alcohol misuse. We aim to inform our pupils, in an age appropriate manner, of the risks of drugs and alcohol misuse, in order to equip them with the skills to make the right decisions.

The Curriculum

Drug, alcohol and tobacco education is carried out through Personal, social, emotional and health education.

Outcomes:

Key Stage 1

- I understand that medicines can help me if I feel poorly and I know how to use them safely

Year 3

- I can tell you my knowledge and attitude towards drugs

Year 4

- I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke
- I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol

Year 5

- I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart
- I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart

Year 6

- I know about different types of drugs and their uses and their effects on the body particularly the liver and heart
- I can evaluate when alcohol is being used responsibly, anti-socially or being misused

Role of parents

We work closely with parents to ensure that the messages we give in school are reinforced and supported at home. We expect all parents who send their children to our school to respect our healthy lifestyle policy and to support it fully through the food they give their children to bring to school.