

Cavendish Close Infant School 'Healthy-Living' policy

Aims

To educate, equip and empower all pupils to live a healthy lifestyle through the curriculum we teach, the relationships we foster, the environment we provide and the opportunities we create.

We aim to create a culture where healthy lifestyles are promoted that impact the whole child in terms of their...

Spiritual health including studying different beliefs, healthy choices and positive lifestyles

Physical health including diet, nutrition, exercise, health and safety, sexual safety, drug awareness, and healthy habits.

Emotional health including relationships, well-being, positive peers, safe and secure environment that fosters compassion and courage.

Mental health including a strong work ethic, a positive "can do" mentality, wisdom regarding choices and consequences.

Healthy Relationships including positive significant peer group in their class, with their teachers, with their friends on the playground, the whole school, families and a positive participation in the community.

Objectives

- To deliver a curriculum that provides information relating to food, nutrition and fitness and opportunities for at least 2 hours of exercise per week.
- To promote healthy eating for pupils with lunch boxes through implementing advice relating to healthy snacks and sandwiches.

- To promote healthy lifestyles through active engagement in extra-curricular clubs, playtime games and creative choices.
- To assist healthy approaches to learning through the accessibility of water in lessons and its availability throughout the school.
- To promote healthy lifestyle through empowering children to make quality informed choices and develop healthy relationships.
- To promote healthy lifestyle through involvement in the positive community activities that promote health and a sense of pride.
- To enable pupils to take part in our collective events such as sports days and local sporting competitions.
- To introduce pupils to and forging links to outside agencies and sports venues to promote good health.

Health Curriculum

We seek to deliver a curriculum that provides...

- Information, understanding and application of the importance of healthy foods, nutrition, teeth, the need for a balanced diet and information about substances that harm our bodies.
- Opportunity for indoor and outdoor fitness activities.
- Carefully planned PE sessions that develop pupil's suppleness, strength, skills and speed.
- Scientific understanding and experiences relating to keeping our bodies healthy.
- A range of PSHE units of work to include 'Rtime', 'SEAL' and the Cambridgeshire Drug Scheme.
- Provision of healthy cooking experiences within the regular curriculum.

- Equal opportunity for pupils in terms of access to this curriculum.

Health and Mental Well-Being activities

We seek to promote mental well-being through...

- Monitoring children's self-esteem through pupil interviews
- Availability of a lunch time quiet area/ nurture group
- Extra-curricular clubs, during and after school for children
- The availability of a wide range of playtime equipment
- Developing a healthy playground that includes playground markings
- The availability of breakfast and after school clubs which include healthy food and active choices
- A wide range of after school sports clubs

Healthy snacks and sandwiches

We seek to promote healthy eating...

- For pupils with lunch boxes, to restrict unhealthy items (one treat)
- By encouraging parents to take responsibility of monitoring their own child's leftovers that are kept in the sandwich box to take home
- Implementing our treats policy, for example; restricting sweets for birthdays

Healthy Drinking

We seek to assist healthy approaches to learning through...

- Encouraging the drinking of water during lesson times and particularly after sports lessons or hot weather
- Providing water bottles for all children
- Ensuring water is available at lunch times on the tables with each meal
- Restricting other less healthy drinks

Health policies in school that relate to these procedures include...

- Sex and Relationship Policy
- Child Protection
- Anti-Bullying
- Health and Safety
- Behaviour
- PSHE

Date	Any Changes
20/10/18	New Policy