



THOMAS JOHNSON LOWER SCHOOL

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Healthy Lifestyle Policy

Responsibility	All staff and the Governing Body
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Approved by Full Governing Body	July 2019
Storage: (i) Electronic (ii) Hard Copy	(i) School policies file (ii) Staff room
Version number	1

Rationale:

Good health is vital and healthy eating and exercise is a major contributor to this. It can influence; physical, mental and social well-being. At Thomas Johnson Lower School, the staff are dedicated to helping each child understand the role of healthy eating combined with exercising in achieving good overall health. We also recognise that it is our responsibility to offer our children, parents and carers information to support healthy life style choices. We recognise that healthy eating does not mean having no treats, but means having them at appropriate times and that a balanced diet is constituted by sensible choices to maintain good health and overall well-being. We also recognise that children and parents/carers should be provided with relevant information to prevent the development of health problems in later life.

Aims:

- To provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they make informed choices.
- To develop a culture and awareness of what constitutes a healthy lifestyle for our children, staff, parents and carers.
- To raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health.
- To develop a positive attitude towards their eating habits.
- To provide opportunities in school to pursue a healthy diet, making healthier choices
- To develop a detailed understanding of the content of different food groups and how they can impact the human body
- To help children to understand that some foods need to be eaten in moderation.
- To work in partnership with catering staff to ensure that nutritional standards are implemented by providing, attractive, value for money meals that are appropriate to local needs.
- To ensure each child has 2 hours of physical activity every week and an additional 30 minutes per day at other times such as play time or lunchtime with various activities such as skipping, dancing or clubs

- To make the best use of the provision within the local area and explore ways that local produce can be used to support a healthy diet for our children.
- To work in partnership to ensure all children have a pleasant and sociable dining experience which enhances the social development of each child.
- To involve children and parents/carers in decision making and to support them with opting for a healthy lifestyle through offering information which is relevant and useful to improve overall life styles.

Curriculum:

In Foundation stage, Key stage 1 and 2 our healthy lifestyles approach is taught through a range of different subjects in a cross curricular style. Teachers use subjects which lend themselves to the content of healthy lifestyles such as; Science or PE to develop the children's understanding further. Healthy lifestyles is also taught as a stand-alone topic by dedicating a week at a time throughout the academic calendar to teach more specific knowledge, skills and understanding relating to a healthy life style. Teachers carefully plan activities for the children which involve; food tasting, researching different food groups and making different types of food of their own. Teachers also link this with the Computing curriculum through researching relevant information to support the children's understanding of a healthy lifestyle including the content of food groups, how to make different recipes and food from across the world.

Our playtimes focus on encouraging our children to be more active through; games and the use of playtime equipment, the use of music to encourage children to move and dance and also through organised playtime clubs. We have playground markings which support our less able students or children with additional needs including physical and cognitive needs. There are wheelchair friendly activities for the children to use which are non-competitive.

Healthy lifestyles is also taught through PE on a twice weekly basis as a more stand-alone subject.

Playtime:

Children are encouraged to bring a healthy snack for playtimes. Key stage 1 children receive a piece of fruit daily through the government 'Healthy Eating' campaign.

Lunchtime:

At lunchtime Year 4 children are encouraged to take responsibility for the younger children sitting on their table. They will pour a cup of water for the younger children and they will assist them with their meal; cutting up their food or helping them to open packaging.

The school lunchtime menu offered by Cater link offers the children a balanced, hot meal and follows healthy schools' guidelines. Termly theme days are linked to various curriculum areas or to calendar events. When possible, we also offer opportunities for the children to cook and make some of their own meals through the school catering service.

The lunchtime menu offers a wide choice of foods with vegetarian options available daily. There is a three week cyclic menu which includes fish options and a range of freshly prepared salads, fruit and vegetables.

The Dfe Food in schools policy March 2019 states that school menus should include:

- Reduced sugar, salt and fat
- Increased fibre
- A wide range of freshly prepared salads and vegetables daily

- Tinned fruit in natural juices
- Fresh fruit and yoghurt

The Policy covers all foods, including the contents of packed lunches.

The school recognises the value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised.

The children are encouraged to develop important social skills at this time. They are taught how to enjoy eating a meal whilst chatting with their friends of all age ranges.

After their meal, children are encouraged to play outside with their friends and to take part in the different activities which are offered, encouraging the children to be active. The Year 4 children are 'Play Ambassadors' and they set up games to play and also encourage the younger children to join in.

Packed Lunches:

For parents who opt for their children to have a packed lunch, we ask that packed lunches are in a named, air tight container. No sweets, nuts, chocolate bars, confectionary or chocolate covered items, crisps, cakes, biscuits or fizzy drinks are allowed in accordance with government policy. Packed lunches should include healthy options such as fruit and vegetables such as; dried fruit, cherry tomatoes, raw carrot, cucumber wedge. We also offer the parents healthy suggestions of healthy alternatives to replace unhealthy snacks. Water is freely available and the children are encouraged to drink lots of water throughout the school day. The school provides a suitable storage area for lunchboxes. Any uneaten food is returned in the child's packed lunch boxes so that parents and carers can be aware of what their child has eaten whilst at school.

Drinking Water:

Water is available throughout the day. All children are encouraged to bring a water bottle to school daily. These are stored in the classroom and are accessible at all times. As well as water, milk is provided every morning for children in the early years.

Physical Activity:

There are two hours of PE a week for every child. There is an additional 30 minutes daily to increase physical activity through promoting the children to skip and to use new lunchtime equipment. Year 4 Play Ambassadors set up games for all children to join in with and play. We have focused on ensuring we have an inclusive playground using line markings, activity panels and skipping ropes for all.

Monitoring and Evaluation:

Monitoring and reviews of healthy eating and the healthy lifestyle approach will be carried out through observation and on-going discussions at staff meetings and the school council. There will be a phased approach.

Equal Opportunities:

The Healthy lifestyle approach is for all pupils regardless of race, gender, culture, religion, ability or additional educational need.