



THOMAS JOHNSON LOWER SCHOOL

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Healthy Lifestyle Policy

Responsibility	All staff and the Governing Body
Review Date	July 2023
Approved by Full Governing Body	September 2021
Storage: Electronic	Website

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 specifically within our Science and PSHE curriculum, but also referenced through other subjects where possible, such as D.T. food and nutrition. Teachers carefully plan activities for the children which involve; food tasting, researching different food groups and making different types of food of their own.

Our playtimes focus on encouraging our children to be more active through; for example through games and the use of playtime equipment, and the use of music to encourage children to move and dance, as well as in co-operation with our afterschool club.

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:

The school lunchtime menu offered by our independent caterers ensures the children have a balanced, hot meal which follows Healthy Schools' guidelines. The lunchtime menu offers a wide choice of foods with options available to meet dietary needs and preferences. 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.

At mealtimes, 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.

Packed Lunches:

For parents who opt to provide a packed lunch for their child, 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 recommendations. 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 suggestions of healthy alternatives to replace unhealthy snacks. 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 including lunchtimes. 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, the option of milk is provided each morning for children in the early years where parents wish to take part in the Cool Milk scheme.

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 the use of our lunchtime equipment and apparatus. We have focused on ensuring we have an inclusive playground using line markings and activity panels.

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.