

Our Lady's RC Primary School Healthy School Policy





Our Lady's Mission Statement

At Our Lady's RC Primary School we want to
'know God, love God and serve God'

We will try hard to :

- Learn about the **WORD** of God.
- **WELCOME** everyone into our school as Jesus welcomes us into His family.
- Care about the **WELFARE** of others and help those in need.
- **WORSHIP** God through prayer and praise and use the talents God has given us.
- Be a true **WITNESS** to Jesus by showing everyone that we respect, value and love one another.

We will try to live like Jesus every day.

At Our Lady's, we seek at all times to be a witness to Jesus Christ. We remember this when putting our policies into practice.

Introduction

At Our Lady's RC Primary School we want to promote the health and wellbeing 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 PSHE co-ordinator, the PE co-ordinator and the Head of School.

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 Council to give children a voice in how to make their school healthy
- Staff take part in quality professional development including First Aid, Child protection, PSHE and PE
- A positive learning environment is created through systems as set out in our Behaviour Policy
- There is an active partnership with Manchester Healthy Schools and the school nurse who works with individuals and the whole school to promote healthy lifestyles as well as supporting parents and the wider community.

To use the full capacity and flexibility of the curriculum to achieve a healthy lifestyle

Food, drink and physical activity within a Healthy Lifestyle is incorporated across the curriculum. This includes:

- Food Technology (as part of Design and Technology) provides the opportunity to learn where food comes from and apply healthy eating messages through practical work with food including preparation and cooking
- Science provides an opportunity to learn about the effects of physical activity and diet on our bodies and the effects of a balanced diet

- PSHE encourages young people to take responsibility for their own health and well-being and teaches them how to develop a healthy lifestyle
- Physical Education provides children with the opportunity to develop physically, mentally, socially and creatively and understand its practical impact
- Numeracy enables children to understand nutritional information as well as calculating, weighing and measuring
- Geography allows children to learn about physical activity opportunities in the local environment. It also encourages children to look at the changing environment and to contribute positively to their environment.

To ensure the food and drink available across the school day reinforces the healthy lifestyle message

- Each child has access to drinking water at all times in and out of the classroom
- Water fountains are in all key stages to allow children to drink chilled water at break times
- Our Lady's RC Primary School has easily accessible toilets and regular toilet breaks
- The school operates a no sweets/crisps/chocolate policy, for packed lunches, break times and discourages the sharing of sweets for children's birthdays
- Children in KS1 and the Foundation Stage have fruit available during morning break time and all are encouraged to have some each day.
- A special healthy menu from our school lunch providers, Manchester Fayre, has been put in place for lunch time
- Parents are active in making choices for their child's school meal
- Parents are encouraged to make healthy choices for their child's Lunch boxes are checked to ensure enough food has been eaten
- For special events such as class parties, 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 Lady's RC Primary School follows 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 including three climbing areas – this is introduced and modelled in assembly
- Teaching Assistants have received training to help encourage interactive play.
- All children have two sessions of PE each week, with KS2 pupils using Marble Hill Park for their PE sessions

- The children in year 4 have weekly swimming lessons each year
- The children in Key stage 2 are given the opportunity to take part in local sporting competitions
- The school has a partnership with a 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
- Children from Nursery to Year 6 take part in Bikeability lessons provided by BikeRight