



Brinsley Primary and Nursery School  
*Learn today, be a star of tomorrow*

School Policy for

# A Healthy School

A small, square, grey-tinted image of a handwritten signature in black ink, which appears to be 'J. Osprey'.

26.01.23

Person Responsible: Mr J Osprey

To be reviewed: January 2024

## **Rationale**

Brinsley Primary and Nursery School recognises that a healthy school is one that is successful in helping pupils to do their best and build on their achievements. It is committed to ongoing improvement and development. It promotes physical and emotional health by providing accessible and relevant information and equipping pupils with the skills and attitudes to make informed decisions about their health. A healthy school understands the importance of investing in health to assist in the process of raising levels of pupil achievement and improving standards. It also recognises the need to provide both a physical and social environment that is conducive to learning.

## **Aims**

- To help to reduce health inequalities
- To help to promote social inclusion
- To support schools in becoming health-promoting environments
- To contribute to relevant local health strategies as appropriate
- To support children and young people in developing healthy behaviours

## **Policy into Practice**

The school will adopt a healthy schools approach to most areas of the curriculum; therefore evidence will be very cross-curricular. Some topics will cover many of our aims and objectives and opportunities are sought in other topics to further expand on these messages. Our pupils will experience most health education in the following areas:

## **School Meals**

All school meals served will comply with the Government's 14 national nutritional standards to ensure children are provided with healthy, freshly cooked school dinners. As far as is possible, in liaison with NCC Catering all medical and dietary needs are met within the Government's new food based standards. Water will be served with all meals and pupils will be encouraged to drink water throughout the day. A suitable, attractive environment is provided in which to eat lunch.

### **Packed Lunches**

Parents/Carers are provided with information on what constitutes a healthy packed lunch.

### **Water Provision**

Pupils and staff have access to free, clean and palatable drinking water throughout the school day. Children are encouraged to bring a water bottle into the classroom and leave it in a tray provided for easy access. Children are allowed to go and drink from their water bottles once teaching input has been completed. Teachers will encourage children to take a drink of water after play times and lunch times, particularly in the summer months. Extra care will be taken when the school laptops are out on the tables. Staff are aware of pupils' hydration needs and ensures that these are met.

### **P.E. (please refer to the PE Policy)**

Brinsley Primary and Nursery School has used the Sport Fund to provide quality physical education through the use of trained sport coaches. The PE coordinators have also invested in a whole school scheme of work to ensure that the high-quality sports provision continues when teachers take over from the sports coaches. This is all achieved through dance, gymnastics, swimming and invasion games. Coordinators will also ensure that school participates in local sports events to raise the profile of physical exercise.

### **PSHE (Please refer to the PSHE Policy)**

The school follows the SCARF scheme of work which includes a variety of different aspects such as:

- Promoting, choosing and designing healthy meals
- Emotional Health and Wellbeing including anti-bullying and healthy relationships
- Substance misuse, including alcohol and tobacco and drugs. (In year 6 this is specifically taught through the DARE scheme which school pay for).
- Managing personal finances

## **Computing** (Please refer to the schools Computing Policy)

Through the KAPOW computing curriculum, children are taught to keep safe online leading in order to avoid incidents of cyber bullying. In the 2014 National Curriculum, pupils are taught to:

### **KS1:**

- use technology safely and respectfully, keeping personal information private; identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies.

### **KS2:**

- use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact.

## **Design and Technology**

Through food technology topics within the year groups, some directly based on cooking and nutrition, is taught using the KAPOW scheme of work across the school in line with Curriculum 2014 expectations. As part of their work with food, pupils will be taught how to cook and apply the principles of nutrition and healthy eating.

Pupils will be taught to:

### **KS1:**

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from.

### **KS2:**

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

## **Science**

Through the science curriculum, health and well-being are taught according to the 2014 National Curriculum.

Pupils are taught:

### **KS1:**

- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

### **KS2:**

- identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat
- identify the different types of teeth in humans and their simple functions
- identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood
- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function
- describe the ways in which nutrients and water are transported within animals, including humans

## **Equal Opportunities & Special Needs**

At Brinsley Primary and nursery School, we believe that every child is entitled to safe and appropriate provision of food and drink in order to stay as well-nourished as possible and maintain and develop their existing skills in eating and drinking. We promote a positive and healthy attitude towards nutrition and we foster an ethos of teamwork and will strive to ensure that all members of staff feel supported, informed and comfortable with regard to this policy.

## **Gender Equality**

We enable all pupils to have access to the full range of activities to support their learning

## **Assessment and Monitoring**

Assessment and monitoring will be done on an ongoing basis within the curriculum

and will be in accordance with the assessment requirements of the particular subject area

### **Role of the Co-ordinator and Staff Development**

Senior Leadership Team to oversee all aspects of food provision throughout the school, including working with the school caterers, monitoring and evaluating the implementation of the policy. Curriculum Leaders (PSHE, PE, D&T, Science & Computing) to ensure the curriculum supports healthy eating/lifestyle, monitor planning and observe lessons in support of this. All teaching staff to follow healthy eating guidelines in delivering the curriculum, and in the provision of snacks.

### **Reviewing the Policy**

This policy outlines the practice and intentions of the school at the present time and will be used as an ongoing document. It will be updated on a regular basis or when new legislation is available.