



Glebe School

Healthy Living Policy

Date approved	April 2023
Date of next review	April 2025

INTRODUCTION

In our school, we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of their behaviours, and encourage them to take responsibility for the choices they make.

The school supports the '5-A-DAY' ethos to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity. This is coupled with a strong ethos on promoting physical activity to improve health, wellbeing and overall wellbeing.

RATIONALE

Glebe is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families about food and healthy-eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

AIMS AND OBJECTIVES

- To ensure that we are giving consistent messages about food, drink, physical activity in order to stay healthy
- To give our pupils the information they need to make healthy choices
- To promote health awareness to pupils and parents
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to eat five pieces of fruit or vegetables each day
- To encourage all children to take part in regular physical activity

SETTINGS FOR FOOD POLICY

We do not use vending machines in our school. Currently we do not run a tuck shop but if we decide to do so in the future, the food policy will be applied to all items sold.

BREAKFAST CLUB

The breakfast club operates daily in the school for all children who wish to attend. We target some children who we know have little or no time for breakfast in the mornings at home.

The food offered is healthy and is consistent with a healthy diet – e.g. toast, bread (range of options including white, brown, granary, buns, baps and rolls), low-fat spreads, fruit jam, yoghurt, low-salt/low-sugar fortified cereals, slices of fresh fruit. Children choose from water, orange juice and apple juice to drink.

EVERYDAY FRUIT

At the start of everyday pupils are provided with free fruit. Pupils are encouraged to eat a banana, orange and an apple as a healthy eating option to start their day.

SCHOOL LUNCHES / PACKED LUNCHES

All our school meals are provided by a contracted caterer who has a healthy-food policy as part of their tender. This includes the use of fresh fruit and vegetables each day as a choice for the children. They provide a hot and cold option, both of which pay regard to nutritional balance and healthy options. A salad bar is provided and children are encouraged to serve themselves and make healthy options.

Many children bring packed lunch to school. We communicate to parents/carers about the contents of these and we do not allow sweets or fizzy drinks.

WATER FOR ALL

Cooled water is freely available throughout the school day to all members of the school community. The school has water dispensers inside the school and in the outside playing area. Pupils are encouraged to bring water bottles to school and to drink water at any convenient time. The school provides branded water bottles for those who would like them.

Across the school, there are many opportunities for pupils to develop knowledge and understanding of health, including the benefits of physical activity, healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

FOOD ACROSS THE CURRICULUM

- Tutor-time provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.
- Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.
- Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.
- RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals. RE allows pupils to discuss and look at views towards food from a religious, social, cultural and ethical perspective. Religious rules and laws around diet are explored as well as non-religious views related to food linked to concerns around climate change and loss of habitat. The role of food in festivals and celebrations are experienced.
- New Technologies can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.
- Food Technology as part of design technology provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking. Students learn about the principles of nutrition and healthy eating as well as instilling a love of cooking, as learning how to cook is a life skill which will enable all our pupils to feed themselves and others well in later life. As part of the Food Technology curriculum, pupils learn how to make healthy choices in relation to food and drinks; learn how to appreciate food from different countries and cultures and how to maintain good hygiene when it comes to preparing and cooking food.
- Assemblies encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils can discuss issues of interest to young people, e.g. advertising and sustainable development.

- Music can explore songs which link to the theme of food.
- Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.
- History provides insight into changes in diet and food over time.
- Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.
- Cross curricular work through Spanish and Geography has led to food banquets in the wild area, a Spanish café in lessons and a trip to Latin American shops in London.
- School visits provide pupils with activities to enhance their physical development, e.g. to activity centres
- Out-of-hours learning includes gardening clubs
- Allotment areas are used across the school to encourage children to grow a range of fruits and vegetables which they then use to cook with.
- Pupils regularly shop, prepare and cook fresh food during overnight residential visits.
- Every year the school celebrates Apple day in the school Orchard.
- Sixth form pupils prepare and cook their lunch in their common room using fresh ingredients.
- Staff encourage healthy eating and model healthy life styles.
- Glebe has ECO school status and the Head of geography is the chair of London sustainable schools.

PHYSICAL ACTIVITY ACROSS THE CURRICULUM

- The school has a strong ethos on inclusive sport participation.
- All pupils have PE lessons and learn about the links between exercise and the benefits to health and mental wellbeing.
- Physical activity is promoted throughout the tutor-time including participation in the daily mile.
- A range of everyday school clubs include gym, football, daily mile, drama, music, fencing, basketball and tennis.
- A yearly sports day at Normal Park Athletics Track which parents attend.
- Vibrant PE curriculum that includes Dance and Swimming.
- Yearly participation in the London Youth Games and the Special Schools Football League.
- Wider curriculum clubs include skateboarding, DofE, gardening and cycling proficiency.
- After school participation at the Athletics track with Bromley and Blackheath Harriers.
- School visits provide pupils with activities to enhance their physical development – PGL.
- Regular celebration of pupils’ physical activity through assemblies, award evenings and letters to parents.
- Parents are regularly informed of all activities on offer and all pupils are encouraged to take part.
- All clubs and extracurricular activities are free to all pupils.
- Geography take KS4 pupils on a year trip to walk up Snowdon on a 3-day residential.

PARTNERSHIP WITH PARENTS AND CARERS

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other.

Parents and carers are regularly updated on our healthy school approach through newsletters. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

Leaflets, along with a letter reminding parents of the fact that we are a ‘nut free school’, are sent out at the beginning of each academic year, as well as distributed through the new starter and in year admissions packs.

Parents are reminded that, due to the severity of some allergies in school and the difficulty in managing allergies and preferences when children bring treats into school, we have made the decision not to accept birthday treats in school.

All members of staff are reminded that, due to the severity of some allergies in school and the difficulty in managing allergies and preferences, staff are asked not to provide treats (cakes, sweets, biscuits, etc.) for children.

During out-of-school events, e.g. school discos etc., the school will encourage parents/carers to consider the food policy in the range of refreshments offered for sale to the children.

ROLE OF THE TRUSTEES

Trustees champion a healthy school approach and regularly attend sporting and extracurricular events

Trustees monitor and check that the school policy is upheld and can also offer guidance where a member of the body has expertise in this area.

REVIEW

This policy is reviewed biannually.