

Swanwick School and Sports College

SSSC Healthy School Policy

Date Reviewed	Review Date	Policy Writer	Nominated Governor
November 2023 October 2024	November 2025	Charlotte Mckee	Karen Hudson

Introduction

Swanwick School and Sports College (SSSC) has a whole school approach to promote a healthy lifestyle, involving pupils, staff, parents/carers, governors, the wider community and external agency support. This policy provides a co-ordinated approach and links with other school policies to create a school which is warm, happy, secure and where everybody feels valued and respected and where all learners can thrive.

Aim

SSSC aims to enable everyone working together to develop knowledge and understanding, skills, capabilities and attributes necessary for mental, emotional, social and physical wellbeing, now and in the future. To do this, we aim to:

- promote a whole school approach to a healthy lifestyle.
- create a safe environment for working, learning and playing.
- provide high-quality Physical Education and school sport.
- promote physical activity as part of a life-long healthy lifestyle.
- plan and deliver lessons around healthy eating.
- work with outside agencies to encourage a wide range of health-related activities.
- help pupils develop greater confidence, motivation, self-esteem and have the skills, information and understanding to make important life and health choices.

What SSSC do to support being a healthy school:

Healthy Eating

- SSSC will encourage a healthy eating approach through the curriculum and when food and drink is consumed or made on school site.
- Pupils who either have a paid lunch or free school meal will receive a well-balanced meal option available every day, that also includes a vegetarian option. Fruit and a low-fat yoghurt are always available as an alternative to the dessert on the menu.
- Please see our school menu on our website:
[Swanwick School and Sports College - Catering Services \(swanwicksportscollge.co.uk\)](http://swanwicksportscollge.co.uk)
- We encourage parents/carers to provide a balanced packed lunch, offering a variety of healthy foods in accordance with the Lunchbox Guidance information:
[Lunchbox ideas and recipes – Healthier Families - NHS \(www.nhs.uk\)](http://www.nhs.uk)

- All pupils will eat in a pleasant environment in which they feel 'safe' and comfortable with staff who encourage good food hygiene. Pupils will eat in the hall and sit together as a year group with a member of staff. Where required alternatives arrangements are in place.
- Pupils will be encouraged to develop social skills, so that eating their meals in a group becomes an enjoyable, social occasion.
- Packed lunches are available for educational visits and trips.
- A piece of fruit is offered as a healthy snack each day to pupils within Primary and Nurture classes.
- At SSSC for pupils with allergies we have procedures in place to minimise risk of reaction via cross contamination.
- Chocolate and sweets are actively discouraged as everyday snacks in school or as part of lunch boxes. Chewing gum is not permitted on the school premises or while the pupils are representing the school.

Drinks

- Pupils are encouraged to bring in a reusable bottle with their name on into school for water that can be refilled throughout the day. We discourage the use of single use plastics.
- Pupils are allowed to have their water bottle within lessons, however there may be lessons when pupils will be asked to place this in a certain area.
- Staff remind pupils about the importance of drinking water and prompt them to do so throughout the day.
- Pupils will have access to water at break-times and lunch when this is requested by pupils.
- Pupils will have access to water after and/or during a physical activity if required.
- Pupils will not be allowed fizzy drinks or energy drinks whilst in school or representing this school.
- As part of the curriculum pupils may be offered a decaffeinated tea, however no caffeinated tea or sugar will be available.
- Pupils are not allowed any form of coffee.
- Staff act as role models and are all encouraged to have reusable water bottles for personal use and will not drink hot drinks whilst walking round school. All hot drinks will be consumed from leak proof cups.

Breakfast

- Toast is offered to all pupils in each form rooms on a daily basis during morning registration.

Bake Sale

SSSC will on occasion hold bake sales for fundraising purposes, but within the following guidelines:

- No more than one per half term.
- We will share information with parents/carers when bake sales take place in school.
- Pupils will be limited on the number of items that can be purchased.

- Due to voluntary donations we cannot always offer options to all pupils with a variety of allergies.
- We will balance bake sales with alternatives to food for fundraising, e.g. sports activities.

The Curriculum

It important to teach our pupils how to keep safe and healthy in an ever-changing world. At SSSC we have a wide and varied curriculum that supports, promotes and educates pupils on a healthy lifestyle. These include:

- Personal, Social and Health Education (PSHE)
- Physical Education (PE)
- Food Technology
- Life Skills
- Science

Personal, Social and Health Education (PSHE):

Pupils will learn about:

- Healthy eating and having a healthy balanced diet.
- Drugs education
- The importance of exercise and physical activity
- Mental health and wellbeing
- Personal hygiene and personal safety.
- Key Stage 4 pupils may complete ASDAN qualifications linked to healthy lifestyle.

Physical Education (PE)

All pupils will have access to:

- Weekly PE lessons.
- Primary aged pupils will go swimming for blocked sessions every half term.
- Interhouse activities.
- Break time sports clubs and activities.
- Opportunities for visits and trips.
- Outdoor Learning as an Option in Key Stage 4.

Food Technology

- All pupils in Key Stage 3 have Food Technology lessons through Theme.
- Food Technology is an Option lesson for pupils in Key Stage 4
- Pupils will develop their understanding of people from different cultures and their festivals /foods in a cross-curricular approach to learning.
- Pupils lessons will develop food and cooking skills alongside safe and hygienic food practices and consumer awareness. Understanding the principles of healthy eating are a central part of learning within our curriculum.

Life Skills

- Pupils will learn about healthy living including physical health, diet and mental wellbeing.
- Pupils in Key Stage 4 may complete Prince's Trust or ASDAN qualifications.

Science

At points within the Science curriculum pupils will learn about:

- The body, including the digestive system.
- A healthy and balanced diet.
- The effects of exercise on the body.
- Good and bad bacteria

Disseminating the policy:

The policy is on the school's website and drawn to the attention of all pupils, parents/carers and staff.

Monitoring:

A review of the Healthy School Policy is undertaken every year. This policy is a working document and is kept under constant review.

Co-Headteacher:		Date:	
Chair of Governing Body:		Date:	

Links with Other Policies:

- Behaviour and Attitude to Learning Policy
- Child Protection and Safeguarding Policy
- Code of Conduct
- Smoking Policy
- Drugs Policy
- Pupil Premium Strategy