



Healthy Lifestyles (Physical Activity, Nutrition, No Smoking and Safety in the Sun) Policy

Date Passed to Governors: January 2018

Approved / Adopted by Governing Body:

Date Policy Reviewed: October 2021

Date of Next Review: October 2022

The policy has been formulated following consultation with pupils and staff to develop healthy eating and drinking activities that benefit pupils, staff, parents / carers and others associated with the school. The policy and future amendments to the policy will be communicated clearly and consistently to pupils, staff, parents / carers.

PHYSICAL ACTIVITY

Aim of Policy

We have a responsibility to help pupils and staff establish and maintain lifelong habits of being physically active. According to the Chief Medical Officer (Department of Health, 2004), regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer and diabetes in particular. Promoting a physically active lifestyle among young people is important because:

- Through its positive effects on mental health, physical activity can help increase pupils' capacity for learning
- Physical activity has substantial health benefits for children and adolescents, including favourable effects on endurance capacity, muscular strength, body weight, and blood pressure
- Positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life

Therefore this policy promotes practices within the school to reinforce our vision, and to remove or discourage practices that negate them.

We understand we have an important part to play by introducing our children to a broad variety of physical activities and removing barriers to participation.

Definition of Physical Activity

Physical activity is defined as 'any force exerted by skeletal muscle that results in energy expenditure above resting level' and includes 'the full range of human movement, from competitive sport and exercise to active hobbies, walking and cycling or activities of daily living'.

Provision of Physical Activity in School

Physical activity in school is provided through the following;

- School ethos
- Physical Education Lessons
- Active lessons
- Extra-curricular physical activity
- Travelling to and from school
- Break and lunchtime activity
- Accessible facilities

- Staff opportunities
- Involvement with parents / carers
- SMSC
- Whole school Sports Day
- Whole school inter house sporting events
- National School Sports Week
- Charity Events
- Educational Visits
- Elite Programme

School Ethos

Every pupil shall be physically educated - that is, shall develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness, regularly participate in physical activity, understand the short and long-term benefits of physical activity, and value and enjoy physical activity as an ongoing part of a healthy lifestyle.

Physical Education Lessons

There are sequential schemes of work for Physical Education that involves moderate to vigorous physical activity on a regular basis; teaches knowledge, motor skills, self-management skills, and positive attitudes; promotes activities and sports that pupils enjoy and can pursue throughout their lives; is taught by well-prepared and well-supported staff. Every pupil in each year shall have the opportunity to participate in regular physical education for the entire school year, including pupils with SEN.

This curriculum commitment is enhanced by the comprehensive extra-curricular physical activity timetable which has a very positive attendance record. This gives all pupils the opportunity to partake in additional physical activity per week regardless of ability, experience or physical capability.

Extra Curricular Physical Activity

Longfield Academy offers a physical activity programme that features a broad range of activities and meets the following criteria:

- Pupils have a diverse choice of activities in which they can participate. Such activities are structured and include both competitive and non-competitive activities including some physical activity options
- Every pupil has an opportunity to participate regardless of physical ability

All activities shall be supervised by qualified staff, coaches or instructors who may or may not be qualified teachers. A member of staff from the school should be available nearby for the duration of the club in case support is required e.g. serious accident.

Travelling To and From School

The school encourages active methods of travelling. The school has a large bikeshed on site. The main pupil entrance is staffed before and after school supervising the pupils arrival and departure from school.

Before School, Break and Lunch Time Activity

Before school, during break and at lunchtimes there is the opportunity for physical activity (e.g. pupils have designated areas in which they can play football), which help pupils stay alert and attentive in class and provides other educational and social benefits.

The school has playgrounds, playground markings and fields. Staff will make every effort not to deny a pupil's participation in break time or other physical activity as a form of discipline or punishment. There may be exceptional circumstances where this is not possible.

Involvement with Parents / Carers

Family members and other adult volunteers are encouraged to become involved with school activities. All volunteers receive induction about relevant school policies, procedures, and standards of conduct and will be subject to CRB, background and reference checks.

This school actively involves parents / carers in physical activity to gain their support and encouragement, which is essential if pupils are to participate in physical activity outside school. For example:

- Parents / carers are encouraged to spectate and support their child at school fixtures
- The local community are able to use the sports facilities and clubs on offer after school for the community on the school site

Social, Moral, Spiritual and Cultural Education

Specific time is allocated to each year group to focus on elements of healthy lifestyles. Links are made to healthy eating, risk taking and drugs, road safety and first aid. In addition all Key Stage 3 pupils participate in National School Sports Week annually allowing them to sample sporting activities that are not always available during curriculum time. The department is also involved with several sporting themed charities over the year including Sport Relief. Awareness of these events are raised during year group assembly time.

Equal Opportunities

Physical activity needs to serve the needs and interests of all pupils and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels, thereby encouraging participation.

CPD Opportunities

Training needs are identified and agreed within the Appraisal Programme and subsequent teacher coaching model. Training Opportunities with relevance for the

whole school and curriculum development are circulated to school staff during inset days/staff meetings

Monitoring and Evaluation

Kieran Thompson will provide clear leadership and management to develop and monitor the Physical Activity Policy. Other members of the department will regularly monitor levels of participation, and activity inside and outside the curriculum and make appropriate adjustments. Kieran Thompson will consult with pupils and staff to identify barriers to participation and ensure that a broad range of extra-curricular activities that promote physical activity are provided in which all pupils can participate.

Written communication has been shared with pupils and staff to develop healthy eating and drinking activities that benefit pupils, staff, parents / carers and others associated with the school. The policy and future amendments to the policy will be communicated clearly and consistently to pupils, staff, parents / carers.

Out of School Hours Activity

- a) Provide a diverse programme of out of school activity clubs that meet the needs of all pupils
- b) Provide a range of activities which allow for competitive and non-competitive opportunities
- c) Provide a range of free extended schools activities to allow pupils to experience new physical activities
- d) Promote pupils to join the fitness suite and use on a regular basis

School Sport Partnership and Community Links

- a) Attempt to maintain links with feeder primary schools
- b) Use competition and taster sessions within the school to promote Longfield and its ethos to feeder schools
- c) Longfield leaders host a number of primary school festivals

Staff and Community Activity

- Regular physical activity sessions made available to all staff
- Advertise and promote physical activities on staff notice boards
- Encourage staff to participate in physical activity outside of working hours by ensuring they are aware of the activities available to them i.e free use of the fitness suite
- Encourage staff to use the sports facilities available to them at work, i.e. swimming pool
- Further increase community involvement through advertisement in assemblies, mentoring days and parent /carer contact evenings
- Provide shower facilities
- Promote use of the 3g pitch for community use
- Slimmimng world are located here weekly
- Large community involvement through All Stars Football
- Annual events such as cyclocross where pupils and parents / carers enter competition

FOOD AND NUTRITION

RATIONALE

Longfield Academy recognises the importance of a healthy diet and the significance connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards at school. It is important that we consider all elements of work to ensure that awareness of healthy eating is promoted to all members of the school community and also the role the school can play to promote family health. Through effective leadership, the school ethos and curriculum, all school staff can bring together elements of the school day to create an environment which supports sustainable healthy eating habits as part of a healthy lifestyle.

The principles of this policy incorporate those outlined in the School Food Plan <http://www.schoolfoodplan.com/>

The nutritional principles of this policy are based on the 'eatwell plate' <http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx> and the School Food Standards <http://www.schoolfoodplan.com/standards/>

FOOD POLICY AIMS

The main aims of our school food policy are:

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community
- To ensure that all members of the school community are able to make informed choices and are aware of the importance of healthy food, where food comes from and the need to support sustainable food and farming practices
- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills including food preparation
- To ensure that the mandatory food based standards are implemented
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school

These aims will be addressed through the following areas:

SCHOOL FOOD PLAN

The School Food Plan <http://www.schoolfoodplan.com/> is an agreed plan published in July 2013 with the support of the Secretary of State for Education and of the diverse organisations who can support Head Teachers to improve the quality and take-up of school food and put the kitchen at the heart of school life. The plan outlines how schools should improve their attitude to school food by:-

- Adopting a 'whole-school approach': integrating food into the life of the school: treating the dining hall as the hub of the school, where children and teachers can sometimes eat together; lunch as part of the school day; the cooks as important staff members; and food as part of a rounded education
- The Head of School leading the change

- Concentrating on the things children care about: good food, attractive environment, social life, price and brand
- Encourage take up of school meals to improve school food economics

EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage Cooking and Nutrition was brought in as a compulsory part of the national curriculum from September 2014. Schemes of work in D&T reflect the whole school approach to healthy eating and incorporate the DFE statutory guidelines:-

<https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>

This is addressed through:

- **Teaching Methods**

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. This is delivered through the Food curriculum and also the We are Longfield curriculum.

- **Cooking And Nutrition**

As part of their work with food, pupils are taught how to cook and apply the principles of nutrition and healthy eating. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. All pupils are taught the basic principles of a healthy and varied diet, to prepare simple dishes and understand where food comes from. Pupils are taught about seasonality and a range of cooking techniques.

- **Cross Curricular**

The school recognises that food has a great potential for cross curricular work and is incorporated in teaching of a variety of subjects in addition to Science and the We are Longfield curriculum.

- **Visitors in the Classroom**

This school values the contribution made by outside agencies including the school nurse in supporting class teachers. It is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted. Safeguarding checks are

carried out for all external visitors.

- **Resources**

Resources used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum. These reflect the 'eatwell plate' where appropriate.

FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

- **Food Standards**

National Nutritional Standards for school Lunches became compulsory in 2009. As a result of the School Food Plan, the standards have been reviewed and new Food Standards for school lunches will come in to force in January 2015. Together with the existing standards they cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs. <http://www.schoolfoodplan.com/standards/> . The canteen staff uses the relevant checklists to monitor provision which are available from the Children's Food Trust <http://www.childrensfoodtrust.org.uk/>.

- **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day and complies with the food-based standards.

The breakfast menu includes: toast, tea, coffee, fruit juice and other breakfast items.

- **Lunch**

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. Prior to the introduction of new Food Standards in 2015, a working party was established to ensure that these standards are met. This group met several times before the implementation of the changes. The responsibility for ensuring these standards continue to be upheld remains with the Canteen Manager.

- **Milk**

The new Food Standards require that milk must be available for drinking at least once per day during school hours. This standard is not met by providing milk at breakfast or after school clubs. Milk is available in the canteen at both break and lunch every day.

- **Snacks**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in fat and sugar at break-time. This is done through nutrition education in We are Longfield lessons and DT.

DRINKING WATER

Drinking water is available to all pupils, everyday, and free of charge. There is a dispenser in the dining hall and on the stage.

FOOD AND DRINK BROUGHT INTO SCHOOL

- **Packed Lunches**

Packed lunches prepared by the school caterers adhere to the Government Food Lunch Standards.

The school encourage parents / carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the 'eatwell plate'. Parents / carers are reminded of the importance of a healthy diet and the dangers of certain allergens.

SPECIAL DIETARY REQUIREMENTS

- **Cultural and Religious Diets**

Many people follow diets related to their culture or religious beliefs and the school will make every effort to provide meals for all children.

- **Medical Diets**

Individual care plans are created for pupils with medical dietary needs/requirements. These document symptoms and adverse reactions and actions to be taken in an emergency. Pupils with medical dietary requirements will have a Care Plan and this is shared with all staff. Their dietary requirements are known by the canteen and the Canteen Manager ensures that all pupils can access an appropriate meal.

FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

NO SMOKING

Longfield Academy is a no smoking public venue.

Pupils caught smoking or in an area where smoking will follow the schools appropriate sanctions.

The school may forward the names of persistent offenders to the Council Enforcement Officer and the Police and further incidents will result in more serious sanctions being considered by the school. The school may choose to seek assistance from the Local Enforcement Officer or the Police in pursuing a statutory fixed penalty notice.

SAFETY IN THE SUN

Wherever necessary and appropriate pupils are advised of safety precautions in warm weather. To assist the school in this goal we give:

- Pupils have access to shaded areas
- Pupils have access to water
- The wearing of a baseball cap whilst participating in P.E / outdoor lessons during hot weather is encouraged
- In extremely hot conditions the school sports hall will be fully utilised
- Safety in the sun precautions are given to parents / carers and pupils prior to external trips and visits and use of sun cream in these situations is encouraged
- It is the responsibility of all staff to encourage safety in the sun