



# Healthy Schools Policy

<b>Written By</b>	<b>Senior Staff</b>	
<b>Frequency of Review</b>	<b>2 years</b>	
<b>Date reviewed and approved by Governing Body</b>	<b>Summer 2024</b>	
<b>Date of next review</b>	<b>Summer 2026</b>	
<b>Display on Website</b>	✓	
<b>Purpose</b>	<b>The School is committed to helping pupils, parents and staff choose a healthy lifestyle including fitness and wellbeing.</b>	
<b>Consultation</b>	<b>Governors</b>	✓
	<b>Parents</b>	✓
	<b>Pupils</b>	✓
	<b>✓Staff</b>	✓
<b>Links with other policies</b>	<b>Relationships, Sex and Health Education Policy</b> <b>Teaching and Learning Policy</b> <b>Inclusion Policy</b> <b>Safeguarding Policy</b> <b>Child Protection Policy</b> <b>Medical Conditions Policy</b>  <b>As an appendix:</b> <b>Sun Safety Policy</b> <b>Food Policy</b>	

## **BURLINGTON JUNIOR SCHOOL HEALTHY SCHOOLS POLICY**

### **Our Vision:**

Burlington Junior School inspires each individual child on their educational journey towards a lifelong love of learning and knowledge.

### **Our Mission:**

Staff are committed to:

- Providing a broad and balanced curriculum that provides memorable learning experiences.
- Providing pupils with transferable knowledge, skills and understanding which they can utilise in later life.
- Creating a safe, caring environment where everyone is happy and can achieve.
- Working in partnership with our community to celebrate, respect and embrace our diversity.

### **Key Objectives:**

This policy aims to promote health and a healthy lifestyle for all members of the school community through knowledge and understanding, skills and attitudes, and beliefs.

#### **What do we mean by a 'healthy lifestyle'?**

To maintain a healthy body every child:

- is clean and aware of basic hygiene;
- engages in exercise;
- eats a well-balanced and healthy diet;
- has enough good quality rest and sleep;
- has healthy teeth;
- is alert to their body's needs and wants - and knows the difference between the two (e.g. sun safety);
- walks, cycles or scoots to school when possible.

To maintain a healthy mind every child should:

- be emotionally literate and express emotions appropriately;
- experience caution not fear;
- understand that all choices have consequences and can identify these;
- be able to articulate difficulties;
- be able to 'problem solve' everyday issues;
- have well developed self-control;
- have high self esteem;
- be able to reflect on their areas for development or improvement;
- be empathetic;
- participate in hobbies that they enjoy, where possible;
- enjoy leisure activities.

To maintain healthy relationships every child should:

- be socially confident – be friendly with peers and adults ;
- be able to manage friendship problems;
- be able to create friendships;
- be tolerant and accepting of others;
- be able to give, and take, constructive criticism;
- be assertive;
- be aware of, and take responsibility for, the needs of others – particularly those less able to care for themselves.

## **Maintaining a Healthy School:**

[Statutory guidance](#) from the Department for Education (2021) states the following regarding teaching about physical health and mental wellbeing in schools:

*“The aim of teaching pupils about physical health and mental wellbeing is to give them the information that they need to make good decisions about their own health and wellbeing. It should enable them to recognise what is normal and what is an issue in themselves and others and, when issues arise, know how to seek support as early as possible from appropriate sources.”*

At Burlington Junior School, we ensure that pupils have opportunities to learn about, and develop a healthy lifestyle throughout many aspects of their school life.

### **Our School Curriculum**

Pupils are taught about their physical and mental wellbeing throughout our school curriculum. This may include PSHE lessons, which make use of the Jigsaw programme of study and are in line with statutory guidance from the Department for Education. Within PSHE, pupils learn about the benefits of exercise; good nutrition and sufficient sleep; self-care techniques; personal hygiene; basic first aid and how to prevent health and wellbeing problems. PSHE lessons also support pupils in developing language to talk about how they are feeling and judge whether what they are feeling is appropriate and proportionate for the situations they experience.

Lessons about physical and mental wellbeing are not limited to PSHE. Pupils may also learn about these topics within science lessons when considering the body, R.E. lessons and D.T. lessons when cooking. Pupils participate in two hours of physical education each week. Cross-curricular events such as ‘Diversity Week’, as well as assemblies and visits from the police and fire service also support pupils’ knowledge and understanding of physical and mental health.

In addition to our curriculum, we also maintain a healthy school in the following ways:

### **Promoting health and wellbeing**

- Pupils may take on additional roles and responsibilities around the school – School Councillor, Eco Monitor, House Captain, etc.

- Our School Council and pupil voice inform us of pupil views and actions we may need to take to provide support.
- Our behaviour management principles of 'ready', 'respectful' and 'safe' support pupils and staff in understanding how to keep ourselves safe.
- Pupils and staff make use of 'Zones of Regulation' to support communication around how we are feeling.
- Classrooms include a 'calm corner' to encourage and support self-regulation.
- Our after-school and extra-curricular clubs provide additional opportunities to develop physical and mental wellbeing and encourage pupils to increase their physical activity.
- Personalised behaviour management strategies and reward systems support individual pupils with their physical and mental wellbeing.
- Guided interventions such as social skills groups, ELSA support, and therapy sessions support individual pupils with their mental wellbeing.
- At break times, pupils are provided with opportunities to be active using a variety of equipment (e.g. table tennis tables, football, basketball, skipping ropes, etc.). They also have the opportunity to play indoor games in a quieter, calmer space.
- We value diversity.
- We reward and recognise pupil achievements.
- We provide healthy a healthy hot lunch and/or salad option as part of the school meal provision.
- We provide information about what food or drink pupils can bring to school (water and a healthy snack).

### **Maintaining a Healthy School Environment**

- We provide water fountains for pupils to access and refill their water bottles with clean drinking water.
- We provide shaded and quiet areas for pupils to use at break and lunchtimes.
- We provide playground climbing structures and equipment.
- We are an OPAL school (outdoor play and learning) and provide a variety of active tasks for pupil to engage with at lunchtime.
- We maintain our outdoor space to enable a variety of P.E. activities to take place.

### **Additional Information**

#### **Special Dietary Considerations**

- School dinners are balanced and meet national nutritional standards.
- Children's individual dietary requirements/allergies are catered for, e.g. no nuts, etc.

#### **Travelling to School**

- Pupils can explain the importance of walking to school in health/environmental terms.
- Children are encouraged to walk to school where possible.
- Selected Yr 5/6 pupils undertake cycling proficiency training (Bikeability).

- Successful Bikeability candidates can cycle to school, with a helmet and bicycle lock.
- Others may cycle (wearing a helmet) with a parent/carer.
- Bike sheds are provided for bike storage during the school day.

### **Drinking water**

- Children are made aware of the benefits of drinking water frequently.
- All pupils are encouraged to bring a bottle of water bottle to school.
- Pupils can also access outside drinking fountains.

### **Sun Safety**

- Implementing the Sun Safety Policy is a high priority (see Appendix 1).

### **Drug Safety (including alcohol and tobacco)**

At Burlington Junior School, our drugs education is delivered in the classroom by the class teacher in PSHE and science lessons. Pupils are taught about drugs, alcohol and tobacco in line with statutory guidance from the Department for Education. Within this guidance, it is stated that by the end of primary school, pupils should know the facts about legal and illegal harmful substances and associated risks including smoking, alcohol use and drug safety. Pupils revisit these themes through our spiral PSHE curriculum within the 'Healthy Me' unit.

Where appropriate, we may also seek the advice and knowledge of the school health team, and if needed, Education Welfare Social Services and SPA.

### **Encouraging Healthy Eating**

- All pupils can explain the importance of healthy eating and of a balanced diet.
- Pupils are encouraged to eat healthily and are taught this through the curriculum, school newsletters and through monitoring packed lunches.
- Chocolate or sweet drinks are discouraged in school dinners and in packed lunches.
- A salad bar is provided daily with hot lunches.
- Children are encouraged to eat at least one piece of fruit each morning as part of their healthy snack.

### **Developing Social Skills**

- Every year there is a whole school focus for Anti-Bullying Week.
- Pupils engage with learning about online safety through PSHE and computing lessons as well as regular class discussions. We also provide an annual input from the local authority (AfC) lead for Online Safety.
- Social skills groups take place in every year group for pupils with further need.
- Trained ELSA counsellors provide additional support.

### **Promoting Extra-Curricular Clubs**

- Burlington Junior School offers a wide variety of extra-curricular clubs, some of which are free.
- Children are encouraged to take up at least one club over the academic year.

- Places are allocated subject to a range of criteria.
- Economically disadvantaged pupils are given free places to attend clubs.

### **Promoting Physical Exercise**

- Pupils can explain the health benefits of exercise and the potential health risks of obesity.
- Physical exercise is promoted through curriculum lessons, assemblies, visiting sports coaches and interschool sports competitions.
- Pupils receive 2 hours of weekly physical exercise with optional after-school clubs.
- Children in Years 5 and 6 are encouraged to take part in Bikeability (developing key road safety skills).

### **Sustainability**

- Environmental awareness and sustainability is taught and promoted through the curriculum, assemblies and everyday classroom practice.
- Every class has eco-monitors to turn off all unused electrical equipment, minimising the school's carbon footprint.

### **Economic Well-Being**

Economic well-being and financial capability are promoted and taught through:

- The school curriculum (especially in maths)
- School assemblies
- Fund-raising opportunities,
- The School Council
- Roles of responsibility (reading buddies, House Captains). All pupils are given the opportunity to hold a role of responsibility within the school during their time at Burlington Junior School.

Reviewed by PSHE Leader  
January 2024.  
Next review January 2026.

## **Sun Safety Policy**

The increasing incidence of skin cancer in Britain is an issue for parents and schools. Prolonged over-exposure to the sun and episodes of sunburn under the age of 15 are major risk factors for skin cancer later in life. Whatever the skin type, babies and small children are especially susceptible to the sun. Young children should always be protected with clothing and hats.

With this in mind the aim of our school's Sun Safety Policy is:

**To protect children and staff from skin damage caused by the harmful ultraviolet rays in sunlight.**

In order to meet our aim the school has adopted the following guidelines:

◆ **SHADE**

During the summer months, the school's playground can be very hot in the middle of the day. To combat this children, play on the field as there is more shade available to them under the trees and in the huts. Although children are encouraged to play and sit in the shade, it is inevitable that the children will still be exposed to large quantities of ultraviolet light from the sun.

◆ **CLOTHING**

This is the first line of defense against the sun's harmful rays. We do have a summer uniform and encourage children to wear more loose fitting clothing at this time.

◆ **HATS**

Children should wear a hat during the summer months to reduce the chance of sunstroke. The hat should shade their face and eyes, and ideally their ears and back of the neck too.

◆ **SUNSCREEN**

Children should use a high factor sunscreen (SPF 50) on any exposed skin, paying particular attention to the ears, neck and face, even if hats are worn. It is anticipated that the children will apply their own sun cream as staff are not permitted or expected to do this. The only exception to this rule would be in the case of a child who is unable to apply their own cream due to a disability or other impairment. In this case the parent must give written permission for a member of staff to apply the sun cream for the child.

Parents should provide each child with their own named tube or bottle of lotion. This must be handed to the class teacher who will keep it safe until required.

◆ **DRINKING WATER**

Children are encouraged to increase their water intake during break times and lunch times. As usual the children have their water bottles which they can drink from throughout the day.

## **Outdoor Games and Activities**

Events such as outdoor physical education, sporting activities and Sports Day, field trips, school outings, picnics and the Summer Fair are times when pupils, staff and spectators are often exposed to the sun. During periods of hot weather, there is a risk of sunburn and heat stroke. Appropriate clothing, hat and sunscreen are particularly important, as children will be outside for extended periods. The school will ensure there is extra drinking water and will remind children of the dangers of exposure to the sun.

## **Staff**

Staff will act as positive role models and will set a good example by seeking out the shade whenever possible and wearing suitable clothing, hats and sunscreen. They should discourage children from sunbathing.

## **Sun Safety**

Sun safety is taught through PSHE lessons, in assembly time and reminders are also sent out to parents via the newsletter. The key messages for both parents, pupils and staff is:

- Stay out of the sun as much as possible during the middle of the day.
- Stay in the shade whenever possible – especially at lunchtime when the sun is at its hottest. Only play in the sun for short periods of time.
- Wear loose-fitting clothing made of tightly woven fabric to keep you cool and keep the sun off your skin.
- Always put high factor sun cream on before and after school. Bring your own lotion to school for your teacher to look after until you need it.
- Put a cap on to protect your eyes, face, ears and neck from the sun.
- Remember to bring your water bottle to school and to drink lots of water throughout the day.

## **Food Policy**

### **Aim**

To ensure that all aspects of food and nutrition in school promote health and wellbeing of pupils, staff and visitors to our school.

### **Introduction**

Burlington Junior School is a healthy school. We currently hold the Healthy Schools London Silver Award.

### **Objectives**

- 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 (in D.T. lessons, for example).
- To ensure that the mandatory food standards are implemented (our catering company is responsible for this aspect of checking food standards).
- 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.
- To encourage all children to eat at least 5 fruit and vegetable items a day.

### **Snacks**

Children are encouraged to bring a healthy snack to school each day. The children are allowed to bring in a piece of fruit, vegetables or a piece of hard cheese. They are not allowed to bring in nuts, cereal bars or biscuits. Children are not allowed to bring in sweets to share on their birthdays, but instead it is suggested that they may wish to donate a book.

### **School Lunches and 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.

Many children bring a packed lunch to school. We regularly include items in the weekly newsletter about the contents of these. We do not allow sweets, chocolate-covered items, fizzy drinks or drinks other than pure fruit juice or water.

## **Water**

The children are encouraged to bring water bottles to school each day. They may drink from these bottles in lessons. At break and lunch times the children have access to water fountains and water jugs in the hall.

## **Monitoring and Review**

The Headteacher and PSHE Leader are responsible for supporting colleagues in the delivery of the food policy. This policy will be reviewed in light of new developments.

Reviewed: January 2024

Date of next review: January 2026