



Healthy Schools Policy

Written By	Senior Staff	
Frequency of Review	2 years	
Date reviewed and approved by Governing Body	Summer 2026	
Date of next review	Summer 2028	
Display on Website	✓	
Purpose	The school is committed to helping pupils, parents and staff choose a healthy lifestyle including fitness and wellbeing.	
Consultation	Governors	✓
	Parents	✓
	Pupils	✓
	✓Staff	✓
Links with other policies	Relationships, Sex and Health Education Policy Teaching and Learning Policy Inclusion Policy Safeguarding and Child Protection Policy Medical Conditions Policy As an appendix within this policy: Sun Safety Policy Food Policy	

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 (2025) states the following regarding teaching about physical health and mental wellbeing in schools:

“The aim of teaching about health and wellbeing is to enable pupils to make good decisions about their own health and wellbeing, to understand the links between physical and mental health, to recognise when things are not right in their own health or the health of others and to seek support when needed.”

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 includes Personal, Social and Health Education lessons (PSHE), 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 following topics:

- General wellbeing;
- Wellbeing online;
- Physical health and fitness;
- Healthy eating;
- Drugs, alcohol, tobacco and vaping;
- Health protection and prevention;
- Personal safety;
- Basic first aid;
- Developing bodies (including puberty). personal hygiene; personal safety; 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, computing lessons (online safety) and D and T lessons when cooking.

Pupils participate in two hours of physical education each week. Visits from the emergency services or School Health Team, events such as 'Diversity Week', as well as assemblies from senior leaders and external providers, 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

- Regular assemblies promoting health and wellbeing (both mental and physical) delivered by members of the senior leadership team.
- Pupils may take on additional roles and responsibilities within their classrooms and around the school – School Councillor, Eco Councillor, 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 area with resources to encourage and support self-regulation. There are also wellbeing rooms for pupils to use when they need to regulate.
- 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, emotional literacy support (ELSA), 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 participate in active play through our OPAL activities (scooters, balancing, rolling, games involving running). We have a wide variety of outdoor play equipment (e.g. climbing walls, monkey bars) which provide an additional opportunity for physical activity.
- If pupils choose to, they can play indoor games in a quieter, calmer space during lunchtime.
- We provide healthy a healthy hot lunch and/or salad option as part of the school meal provision.
- We share information about what food or drink pupils can bring to school with parents through parent meetings and on our school website (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 terms of their health and wellbeing and the impact on the environment.
- Children are encouraged to walk to school where possible.
- Selected Yr 5/6 pupils undertake cycling proficiency training (Bikeability and Aiming High).
- Successful Bikeability candidates can cycle to school, with a helmet and bicycle lock.
- Others may cycle (wearing a helmet) with a parent/carer.
- Bike and scooter are provided for 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 and taps in their classrooms to refill water bottles when needed.

Sun Safety

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

Drug Safety (including alcohol, vaping 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, vaping 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, vaping, 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 access to 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 and PSHE),
- 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 and Curriculum Leader

Summer 2026

Next review Summer 2028

Sun Safety Policy

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, parts of the school's playground and field can be very hot in the middle of the day. The Hive building itself provides shade on the playground and has some covered areas. Children are also able to play in the huts on the field and playground areas. Additional shaded areas may be provided in periods of extreme heat, e.g. gazebos, classrooms. Staff monitor the temperature and encourage children to play and sit in the shade; however, 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. At these times, events and outdoor activities will be reviewed and risk assessed to avoid children, staff and spectators becoming unwell.

Appropriate clothing, hat and sunscreen are particularly important, as children will be outside for extended periods. The school will ensure drinking water is available (reminding children to drink regularly) and will continue to 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/hat 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 Gold 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 and 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, salad and vegetables each day as a choice for the children.

Many children bring a packed lunch to school. We regularly include items in the school 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 named 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: Summer 2026

Date of next review: Summer 2028