



# The Acorns

## Primary and Nursery School

Mutual respect

Equity

Inclusivity

Love

# Healthy School Policy

December 2023

**Mission:** Be The Best You Can Be

**Vision:** Providing A World-Class Start To Life

At The Acorns Primary & Nursery School, we are a Rights Respecting School where everyone is welcome - we have No Outsiders. We equip our pupils with the skills and knowledge they need to become positive, global citizens. During their time here, children develop into intrinsically motivated, life-long learners: they understand the value of working hard and they aspire to achieve.

Our pupils leave us with a strong, moral compass, comfortable in their own skin, and knowing their own minds. They are brimming with self-belief and self-worth and are capable of being in respectful, trusting relationships with others in their community.

Throughout their time at The Acorns, we instil the characteristics of effective learning. These allow our pupils to develop into confident, resilient, and independent adults, prepared to succeed in the modern world.

We achieve this vision through our daily mission - Be The Best You Can Be - and by remaining true to our core values of Mutual respect, Equity, Inclusivity and Love.

**Values:**

Mutual respect



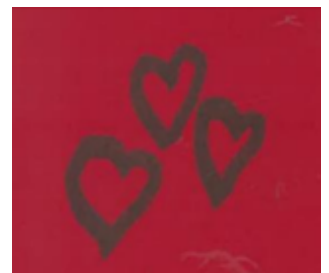
Equity



Inclusivity



Love



## **Rationale**

At The Acorns Primary and Nursery School, we recognise that all children have the right to lead a healthy life and be educated and supported to do so successfully.

## **Article 24: Every child has the right to the best possible health; schools must provide education on health and well-being**

We are a healthy school at The Acorns Primary and Nursery School. Our goal is to educate, encourage, promote and celebrate healthy eating and active living. The importance of healthy eating will be highlighted to parents and pupils and promoted at every available opportunity. Teaching of health and well-being is intertwined within our curriculum but is explicitly taught at certain points in the year as well.

## **What is meant by a healthy school?**

A healthy school does everything within its power to ensure its pupils are in good physical and mental condition; in good health.

## **Aims**

- To maintain a trauma informed approach to all elements of this policy
- Ensure consistency throughout our school
- Pupils understand what is meant by being both physically and emotionally healthy
- Pupils and parents are supported to make healthy snack and lunch choices
- Pupils and parents understand the benefits of drinking water throughout the day
- All pupils are active for at least 30 minutes each day

## **Roles**

Senior Management are responsible for:

- Ensuring the implementation of this policy is consistent and coherent throughout the school
- Monitoring and evaluating the effectiveness of the policy
- Ensuring that the policy is reviewed on a biannual basis
- Communicating the policy to parents/carers, staff, pupils and governors

School staff are responsible for:

- Ensuring that the expectations within this policy are upheld
- Ensuring regular opportunities for water breaks throughout the day
- Ensuring regular opportunities to be active are built in across the school week
- Ensuring that parents are supported with any questions or queries regarding this policy
- Communicate with parents the reason why snack or drink has been sent home

Parents/Carers are responsible for:

- Ensuring that all pupils come to school with a water bottle, filled with only water
- Allowing only healthy snacks, which are outlined and shared with parents, to be brought to school
- Taking advantage of the range of free extra-curricular opportunities on offer each term
- Providing feedback on what works well and what needs to develop regarding this policy

The child is responsible for:

- Remembering to bring in their own water bottle every day

Schools are encouraged to interact with the 'Healthy Schools Rating Scheme', which outlines the criteria a school must prioritise: It also celebrates the positive actions that schools are delivering in terms of healthy eating and physical activity and aims to help schools identify useful next steps in their provision. Each year, The Acorns will self-assess using this rating scheme.

## **General health and well-being**

Pupil health and well-being is at the forefront of everything we do as a school. Research into Maslow's hierarchy of need tells us that our physiological needs (inc. sleep, food, water) is the bedrock of positive human life and the motivation to succeed. To ensure that pupils who have not had these needs met are fully supported, these needs are met in various ways within school.

All pupils are invited to attend Magic Breakfast, which provides them with a free, healthy breakfast each day. Any pupil identified as feeling hungry from not having breakfast will be offered a healthy breakfast option, regardless of whether they arrive at Magic Breakfast or tell us later in the morning. Pupils who have not had sufficient sleep to function safely or productively, will be supported and placed in an environment where they can rest and improve their physical and mental health.

The school environment is cohesive to support pupils to lead healthy lives. Pupils' chairs are comfortable and safe, with anti-rocking systems to prevent injury to pupils or damage to the chair. Pupils' mental health is supported through providing them with roles and responsibilities, given them purpose and feelings of self-worth. Our House System promotes positive mental well-being by placing pupils in Houses, which supports their feelings of belonging and collaboration. When pupils interact with other pupils from their House, serotonin (commonly known as the happy chemical) is released within the brain, which makes them feel part of something bigger.

Pupils are well supported when they are experiencing poor mental health. Referrals to outside agencies may be made if needed. Workshops, such as Worry Warriors and sleep clinics, will be used to support pupils struggling with poor mental health throughout the year. Parents and pupils are encouraged and educated in the benefits of walking/cycling to school. Our older pupils (Y5/6) are supported to understand their own levels of activity throughout the day through our 'Step up at The Acorns' initiative, which provides each pupil with a Moki health band, allowing them to visually see their steps each day.

## **Water Bottles**

It is expected that pupils will bring in their own water bottles to use throughout the day. Water bottles used in class and at break times will only contain water. If a pupil arrives at school with a bottle filled with anything other than water, it will be returned to the pupil's bag and water will be offered. School will only provide a water bottle to a child in exceptional circumstances. Pupils may bring juice to drink as part of their packed lunch. Juice is offered at lunch times only for pupils choosing a school meal. Fizzy, sugary drinks will not be allowed at any point in the school day. If a pupil brings in a fizzy, sugary drink, then this will be returned to their bag and taken home.

## **Snack**

When pupils start with us either in Caterpillars or Butterflies, a healthy snack is provided for them. This is then continued when pupils enter our Reception cohort by maintaining the expectation that pupils will only be allowed to eat a snack if it is healthy, as outlined in on-going parental communication. Pupils who bring in unhealthy snacks will be asked to return them to their bags to take home. A replacement snack will be offered in the form of fruit. This will be sensitively explained to parents at the end of the day. Healthy snack is offered to all KS1 pupils. Any remaining snack is then brought to KS2 classes and offered to any pupil who does not have a healthy snack that day. This will be in the form of a fruit bowl outside of each class.

## **Lunch**

Lunchtimes are a calm experience for all pupils. Pupils are given time to eat their lunch in a positive manner. We strongly encourage socialisation during lunchtimes. Each day, there are healthy options for pupils to choose for their lunch. Each day, a salad bar, which is supplemented by vegetables pupils have grown on-site, is available.

### **Active 30**

The school ensures that each pupil has access to at least 30 minutes of active time each day. This will include a range of provision and opportunity. Staff are mindful of levels of inactivity in their class throughout the school day and find opportunities, when needed, to promote physical activity. Staff are mindful of pupils 'screentime' and ensure that pupils are not required to look at screens for prolonged periods of time. When pupils are restricted to staying indoors due to bad weather, they are given active options within the classroom.

### **Education**

Education on living a healthy lifestyle is interwoven within our curriculum. There are specific units of work within our Science curriculum that educates children on what consists of a healthy lifestyle and what is unhealthy for the body and mind. Further education on how to lead healthy lifestyles comes through Physical Education lessons. Through Internet Safety lessons, pupils are educated on the benefits and potential risk of internet use, including the use of social media. Additionally, regular workshops are held to educate pupils further on what a healthy diet is and the benefits of keeping active. A healthy, physically active option is included in KS2 project homework choices termly. We look for every opportunity to support parents to understand how they can support their children to lead healthy and positive lifestyles. This is predominantly conducted through workshops, school newsletters and via Twitter. We also use parents' evenings as an opportunity to offer further support.

### **Review and Evaluation**

The effectiveness of this policy is reviewed throughout the year. Pupil voice, including views of our Young Ambassadors, is sought after regularly. This policy will be considered alongside our SEND Policy and our Medical Needs Policy.