

## West Tytherley CE Primary School

### HEALTHY SCHOOL POLICY

#### **Aims**

A healthy lifestyle is essential for maintaining and protecting children's health, for ensuring they perform to their full potential during the school day (both academically and physically) and for their growth and development. Our aim is to help them establish a healthy lifestyle and an awareness of the environment around them that we hope will continue into adulthood.

#### **Benefits of a Healthy lifestyle**

- Helps young people develop, grow and do well in school.
- Prevents childhood and adolescent health problems such as obesity, eating disorders, tooth decay and anaemia.
- May help prevent physical health problems later in life, including heart disease and cancer.
- Establishing healthy eating and exercise habits at a young age is critical because changing patterns in adulthood can be difficult.
- Sitting down to a meal with other children is an important part of a child's social education.
- A good school meals service can enhance a school's reputation.
- Regular exercise in childhood will aid the body to grow properly and build muscle.
- Exercise helps to keep the mind alert and helps stress levels.
- May help prevent mental health problems

#### **Consequences of Unhealthy lifestyles**

- Hungry children are more likely to have behavioural, emotional and academic problems at school.
- Research suggests that not having a nutritious breakfast can affect children's intellectual performance.
- Poor eating habits and inactivity are the root cause of overweight and obesity. The percentage of young people who are overweight has almost doubled in the last twenty years.
- Eating disorders are increasingly common among young people.
- 76% of teachers believe overweight school children are bullied more than any other group.
- Mental illness is prevalent in our society (depression)

#### **Actions taken by School**

- All children encouraged to eat fruit or healthy snacks at breaktime.
- Free fruit for all pupils
- Morning milk available free to all pupils
- 10 minutes of morning exercise for all pupils.
- Children are encouraged to eat more vegetables at lunchtime.
- Huff & Puff playground activities introduced during lunch break.
- School Travel Plan encourages cycling, walking and aims to reduce car congestion at the school during peak times.
- Increased use of the outdoor curriculum to encourage interaction with our environment.
- Introduction of sustainable school aims
- Environmental awareness throughout the school and curriculum
- ELSA trained member of staff

Autumn 2012

This policy should be read in conjunction with the following policies, as they are all linked in their intention to promote all aspects of a healthy life.

Physical Activities policy  
Physical Education policy  
Food policy  
Pupil Conduct policy  
Data protection policy  
Freedom of Information policy  
Equal Opportunities policy  
Draft Gender Equality policy