



“Creating excellence, embracing all.”

HEALTHY LIFESTYLE POLICY 2022-2023

Headteacher: Jo Reid
Chair of Governors: Ben Potter

Policy determined 4th July 2023
Botley School governing board

Botley School Vision statement

A high-quality education in a positive and happy school, where everyone is included, celebrated and encouraged to be a creative lifelong learner.

Botley School Values

Inclusivity

Teamwork

Kindness

Respect

Resilience

Creativity



Introduction

At Botley School we value the importance of a healthy diet, oral health, and well-being, and understand the impact that they have on children's education.

Aims

- To encourage children to make healthy choices
- To promote health awareness
- To create opportunities for activeness
- To contribute to the healthy development of all members of our school community
- To develop awareness of how special occasions are celebrated

In practice

- Prior to children starting at Botley School, parents are asked about dietary requirements, preferences and allergies on our enrolment form. In addition to this, in our Early Years classes, we ask parents to fill in a 'Pupil Information' form, which also includes the same information. Where a child has a dietary requirement, or allergy, we ask parents to complete any additional paperwork and provide any medication needed. Information is shared with the team and a care plan is put in place if required.
- All children are supervised when children are eating at snack / break time and lunch time. In-line with statutory guidance a staff member with paediatric first aid is always on site. All staff are first aid trained. New staff are trained as appropriate.
- Fruit and vegetables are provided for all EYFS and KS1 children by the government through the SFVS. We encourage the children to be as independent as possible and the EYFS staff spend time developing the skills of peeling and eating independently. KS2 children are encouraged to bring a healthy snack to eat at breaktime.
- In our EYFS classes, children are provided with milk and water throughout the day and the children are encouraged to pour their own drinks, which is supported by staff when necessary. Open top cups are used.
- All children in KS1 and KS2 are encouraged to bring a water bottle to school.
- We use an external catering company, Caterlink, for our lunch provider. All our school meals are provided by Caterlink who have a healthy-food policy as part of their tender. A salad bar is provided and children are encouraged to make healthy choices.
- For those children bringing a packed lunch to school, we communicate to parents and carers advising them to ensure that the contents are healthy.
- We ensure that the required amount of PE lessons are taught per week including gym, games, dance and swimming
- We offer extra-curricular clubs for sport

Partnership with parents and carers

- We begin sharing our healthy practices at our open days and evenings, where we discuss our healthy approach as part of the discussions and talk about the lunches provided by Caterlink.
- At our new parents' information meetings and events, we continue to share information about being healthy and, as part of our admissions pack, ask for dietary information, along with 'Pupil Information' forms.
- Regular learning about healthy lifestyles is part of our curriculum and in KS1 and KS2 is explicitly taught in the Autumn Terms in line with the PSHE Association scheme for Health and Well-being. Information about healthy lifestyles is also shared with parents through home learning, displays and on our school website.

Birthday celebrations

- We feel it is important to help children develop a sense of pride, confidence and positive image about themselves and their families, so we believe that celebrating birthdays is important. We acknowledge children's birthdays and celebrate using non - food based activities that make a child feel special, such as:

- Giving the child the opportunity to sit in a special birthday chair and we sing “happy birthday” to them.
- Asking the child how old they are and clap hands that number of times, not forgetting the one for luck.
- Having a pretend cake where we count the number of candles onto the cake and the birthday child blows them out.
- Spending time talking about how birthdays are celebrated and discuss what has happened / will happen for that child.
- We will encourage families to provide us with information about customs in their family in celebrating birthdays.

Cultural Celebrations

- We aim to provide children with naturally occurring day-to-day experiences of diversity rather than just periodic events, so that children will learn to embrace not fear difference. We incorporate diversity in children’s day to day activities, by taking an imaginative approach, and through resources such as displays and photographs on walls, role play areas, musical activities, creative and book sharing opportunities.
- Our school is a multicultural setting so we believe it is vital to celebrate this diversity by encouraging young children to learn about these differences and similarities in order to promote positive attitudes and behaviours. Children are encouraged to learn about cultural events reflecting the diverse society they live in.
- Children feel special as their uniqueness is celebrated throughout the school encouraging a sense of pride and belonging. We celebrate diversity in a range of ways:
 - We share and talk about each child’s family photographs and other photographs showing young children and their families from all over the world.
 - In KS1 and KS2 we have a yearly ‘International food day’ where parents are invited to come and see the wealth and varieties of food being eaten in our community – parents choose food for their children to try
 - We share story and information books that show Britain is a culturally diverse society.
 - We will try to prepare food with children that explores tastes associated with different festivities.
 - Children will also engage in singing different cultural songs, learn different dances and play traditional instruments.
 - Children will learn about cultures by looking at traditional objects. Parents may be invited to bring in a traditional object and may be asked to share their personal experience with children.
 - Children speak many different languages in our school including Spanish, Polish, Romanian, Arabic, Urdu and Hindu and this is celebrated.
 - The school works closely with parents to support children who are acquiring English as a second language and will also learn some basic words in different languages.

Celebrations and festivities celebrated

A list of celebrations and festivities included in our provision. Included but not limited to: Some cultural celebrations and festivities we celebrate include:

- Harvest, Advent, Christmas, Shrove Tuesday, Easter
- Diwali, Eid, Holi
- Valentine’s Day
- St David’s Day, St Patrick’s Day, St George’s Day, St Andrew’s Day
- Mother’s Day, Father’s Day
- Bonfire Night
- Remembrance Day

Baking in school

In school we want to provide the children with opportunities to take part in baking activities as part of our curriculum. Staff will link these activities to healthy lifestyles and use these as an opportunity

to reinforce the learning about healthy eating, hygiene and when to eat certain items e.g. eating sweet foods after a meal. Staff will aim to include a balance of savoury foods as well as sweet. When baking foods that contain sugar, staff will encourage the children to take these items home to eat at meal times.

Special events

There will be special events throughout the year including fundraising events. When food and drink is sold / provided, there will always be healthy options available.

Sharing the policy

- The policy is shared with the staff and is saved on the school's shared drive. It is shared with parents on the school website.
- Staff are provided with regular reminders about encouraging the children to be healthy.
- This policy is linked to the EYFS policy, SMSC and PSHE policies, PE policy, Child Protection and Safeguarding Policy, and Equalities policy.

Role of the Governors

Governors monitor and check that the school policy is upheld.

Review

The local governing body will review this policy in line with its annual cycle of review.