



*Status: Final
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Review Period: Three Years
Requirement: Optional
Delegation: Senior Leadership Team*

HEALTHY LIVING STATEMENT 2015 - 2018

1. Introduction

1.1. At Ralph Sadleir School we are committed to providing pupils with the highest quality of care, whilst instilling in them a thorough understanding of physical, mental and emotional wellbeing. We utilise every opportunity to equip pupils with the skills to become healthy, happy and well-balanced adults in their future lives. In our most recent questionnaire, 90% of pupils and parents reported that Ralph Sadleir School promotes healthy lifestyles, whilst 100% of parents feel that Ralph Sadleir School keeps their child safe and cares for them well.

2. Key Objectives

- 2.1. To promote a whole school ethos and environment which encourage healthy lifestyles and the understanding of issues and behaviours that impact on lifelong health.
- 2.2. To embed healthy living education within the formal taught curriculum and in extra-curricular activities.
- 2.3. To ensure food and drink in school encourages pupils to make healthy choices.
- 2.4. To promote physical activity as part of a healthy lifestyle and provide high quality Physical Education and Sport

3. Whole School Ethos

3.1. At Ralph Sadleir School we ensure that children receive consistent messages about healthy living within the taught curriculum, in the organisation and management of the school and in the extra-curricular and out-of-hours activities we promote. We help children understand the impact of particular behaviours and encourage them to take personal responsibility for the choices they make. In particular:

- 3.1.1. Our assembly programme includes regular reminders and inputs on issues concerning healthy living.
- 3.1.2. We have strong home-school and community links, with special emphasis on pupils' pastoral care, health and wellbeing.
- 3.1.3. Our tutor time programme encourages pupils to discuss issues relating to healthy living in their tutor group.

- 3.1.4. We have a strong pupil voice through our school council, where issues relating to health and nutrition are discussed.
- 3.1.5. We maintain links with the school nurse team and other external services in the interests of our pupils' wellbeing.
- 3.1.6. We support Health Service initiatives, including national height and weight data collections.

4. Healthy Living in the Curriculum

4.1. At Ralph Sadleir School we have a broad and balanced curriculum which encourages the development of life skills, such as nutritional awareness, understanding of mental health and physical wellbeing. In particular:

- 4.1.1. Our **Food Technology** and **Science** curricula include units of work on nutrition and healthy eating.
- 4.1.2. Our **Science** and **Physical Education** curricula teach pupils the importance of exercise in relation to physiology and physical wellbeing.
- 4.1.3. Our vigorous **PHSE** programme guides pupils through all aspects of mental, physical and emotional health at the appropriate level for each age group. Many of our PHSE units of work loosely follow the SEAL (Social and Emotional Aspects of Learning) programme.
- 4.1.4. In **Geography**, pupils learn about health and social issues around the world and discuss how we can make a difference by contributing to 'Fairtrade' and charity projects.
- 4.1.5. **Curriculum-based trips** cover a range of health topics, for example the Year 6 trip to 'Crucial Crew' teaches pupils how to stay safe in a wide range of situations.
- 4.1.6. **Cross-curricular days**: Our 'Healthy Living' cross-curricular day includes workshops on the following topics to enhance pupils' learning: understanding mental health; the importance of good posture; cooking with a variety of fruit and vegetables; scientifically analysing the nutritional values of food; treating animals in a safe way; exploring art techniques used by disabled artists; and many more. In addition to this, our other cross-curricular days encourage pupils to try out different sports and pastimes from a variety of cultures.
- 4.1.7. **Extra-curricular clubs** include a wide variety of sports, such as: football, rugby, netball, fencing, cricket and rounders. There are also musical activities and many other clubs to help develop pupils as well-rounded individuals.
- 4.1.8. Our **Year 8 enterprise projects** encourage pupils to gain financial awareness, as well as an understanding of the practical elements of running a business (many of which are catering-based).

5. Food and Drink in School

5.1. At Ralph Sadleir, we provide a high quality food service to pupils, staff and visitors offering a balanced and varied menu. For many pupils, lunch is the principal meal of their day. Our aim is to make meal times at Ralph Sadleir enjoyable, whilst ensuring we provide nutrition that aids pupils' concentration and learning.

- 5.1.1. **Breakfast** - A Breakfast Club operates daily to ensure that all pupils can have access to a balanced breakfast before school. Pupils can choose toast and low-sugar cereals, as well as a measured amount of fruit juice. Toast toppings and low-fat spread are restricted to measured amounts and used sparingly.
- 5.1.2. **Break** - At morning break a range of snacks are available for pupils to purchase. We offer a varied range of both hot and cold snacks. Fresh fruit, both prepared pots and fruit bowl items are available daily, along with yoghurts and a selection of Food Standard Compliant drinks. Filled Rolls and wraps are made fresh onsite and are also available at every break time. Milk cartons are available for pupils to purchase at both break and lunchtime services. In addition to the food sold in the school canteen, pupils are given the option to bring in healthy snacks from home to eat at break time.
- 5.1.3. **Lunch** - Our nutritious and conscientiously prepared school lunch menu is organised as a two-week menu and is available to view on our school website. Our aim is to reduce sugar and fat contents wherever possible and to use the best quality ingredients and healthiest cooking methods for each dish. We ensure that pupils have a selection of vegetables and salads to choose from to accompany their meal, as well as a choice of carbohydrate items. Fresh fruit is offered, both as a fruit pot or as a main element of one of our pudding choices. Our Catering Manager works with pupils who are identified as needing extra support with their meal choices as part of our 'Assisted Choice Scheme'.
- 5.1.4. **Drinking Water** - Pupils have access to drinking water at every food service and are encouraged to bring a water bottle to lessons to aid their concentration. There are water fountains around school to provide drinking water for pupils.

6. Special Dietary Requirements

- 6.1. **Religious, Cultural and Ethnic Groups** - Ralph Sadleir School can provide suitable foods for all religious, cultural or ethnic dietary needs. This is organised through the School Office who will arrange a meeting between the Parent/ Guardian and the Catering Manager.
- 6.2. **Vegetarians and Vegans** - Ralph Sadleir offers a Vegetarian option daily, and a vegan option can also be provided. Parents/Guardians should inform the school office, so that the Catering Manager can be made aware.
- 6.3. **Food Allergy and Intolerance** - All food brought onto the school site must be nut free in case of pupils with nut allergies. In addition to this, individuals who have a food allergy or intolerance must share this information with the school so that an appropriate care plan can be put into place. Our Catering Manager will also be made aware, and a separate meeting will be arranged to discuss school meal provision.
- 6.4. **Food Safety** - Our Catering Kitchen has a 5 Star Hygiene rating and we operate within the framework of HCL's Food Safety Policy. All of our Catering Team are fully trained and abide by the Food Safety Management System (FSMS) which was updated in 2015. Also, all members of staff who use the Food Technology workshop undertake a Food Hygiene online course.

7. PE, Sport and Physical Activity

- 7.1. We want pupils' experiences of sport in school to lay the foundation for an active lifestyle and an understanding of the importance of exercise in keeping healthy. Pupils in all year group take part in two hours of Physical Education each week, which is broken down into an hour of Games and an hour of PE. We provide opportunities for competitive sport to encourage teamwork, discipline, self-respect and to enable pupils to cope with winning and losing. We offer a wide range of physical activities and sports to pupils and seek out links with local sports clubs and other schools in the area. The Ralph Sadleir house system helps to promote team work and to reward pupils for their commitment to sport. As well as a year-long house sports cup, we also organise an inter-house sports day with its own trophy every year.
- 7.2. Ralph Sadleir pupils are encouraged to walk or cycle to school wherever possible. Parents are not allowed to drop off or pick up pupils from inside the school grounds, therefore many pupils are dropped off a short distance away at the community centre and walk the rest of the way. In addition to this, our Year 5s are given the opportunity to take part in a 'Bikeability' Cycling Proficiency course, which teaches them how to be safe on the road and enables them to travel to school by bicycle. To facilitate this, we have a modern bike shelter with helmet lockers so that pupils are able to store their bicycle safely at school.

8. Mental Health and Wellbeing

- 8.1. In addition to curriculum time being devoted to the topic, the school provides pastoral support for pupils who are experiencing difficulties with their mental wellbeing. This takes on a variety of forms, all of which are co-ordinated by our Additional Needs Co-Ordinator and organised in liaison with external services, parents and tutors. There are weekly counselling sessions which take place for individual referred pupils. We also run 'Emotional Literacy' groups for pupils who struggle socially. Furthermore, a specialist teaching assistant runs 'Friendly Lunches' and informal social awareness sessions for vulnerable pupils. The ANCO and her team are always available for pupils to talk to for advice and support. Important messages about vulnerable pupils and their needs are shared with all staff (where necessary) to ensure that the best provision is made for those pupils.