

## Lifestyles Healthy Living, Healthy Life



### Overall aim

To improve children's understanding of the impact of diet and exercise on their well-being

Strategic aim	Key tasks	Accountabilities and timescales						Desired impact	Evidence
		T1	T2	T3	T4	T5	T6		
L1. Embed children's understanding of a healthy diet and its impact on life expectancy enabling them to make informed choices	a) Update units of learning to ensure there is adequate coverage as part of the Science and PSHE curriculum	Curric. Team /YC/JS						Understanding of what constitutes a healthy diet will run through the curriculum and units of learning.	<ul style="list-style-type: none"> <li>• Language and knowledge of teacher</li> <li>• Food for Life Award</li> <li>• Photographs of children in the dining halls</li> <li>• Teachers to be seen in the dining halls</li> <li>• Monitoring schedule and learning walks</li> <li>• Complete audit and feedback report of findings</li> <li>• Questionnaire for children</li> <li>• Curriculum Framework and Units of Learning</li> <li>• Progression of Food Technology (D and T curriculum)</li> <li>• School vegetable</li> </ul>
	b) Create cross-curricular links with English and core texts e.g. Handa's Surprise	AG/DH							
	c) Investigate and apply for the Food for Life award	JS						Children will become more competent preparing and cooking healthy foods.	
	d) 'Grow your own' club to be introduced for children and parents				RG/FM /MW				
	e) Change for Life club, Cookery Club, and Grub Club to continue	MW/ AA/GP							
	f) Cookery club to produce a recipe book and make it available to the children and parents			MW/SL					
	g) Salad bar to be positioned at the start of the food service to encourage children to make healthier choices	AG/CK							

	h) Children to be surveyed about the menu options and suggestions to be taken on board	AG/CK							<p>patch in the garden</p> <ul style="list-style-type: none"> <li>• 'Experts' to be in school sharing their skills with the children and teachers (parents or people from the local community who are chefs, allotment owners, food producers, etc.)</li> <li>• A recipe book the children have made, which will include photos of them cooking.</li> <li>• Evidence on the website.</li> <li>• Revised Whole School Food Policy</li> </ul>
	i) Teachers encouraged to purchase a school meal and eat with the children to model following a healthy diet	All staff	→						
	j) Lunchbox leaflets to go home with children to encourage healthier choices	JS							
	k) A strong suggestion/list of recommendations will be given to parents in advance of a trip	JS							
	l) Children to take part in a competition to design a healthy lunchbox	JS							
	m) Set up a healthy lunchbox link as part of the menu section of the school website	JS							
	n) Whole School Food Policy to be updated to reflect core priority	JS/CK							

L2. Promote exercise and fitness across the curriculum	a) Update units of learning to ensure there is adequate coverage of exercise and fitness as part of the Science and PE curriculum	Curric. Team /JS	→					Children will articulate the benefits of exercise and reflect throughout the year how they have improved their fitness.	<ul style="list-style-type: none"> <li>• Hall displays to reflect learning about exercise and fitness</li> <li>• Revised PE curriculum</li> <li>• PDM slides and notes</li> <li>• Medium Term Plans show reference to PE outcomes</li> <li>• Timetables of halls and outdoor space to reflect daily exercise clubs taking place</li> <li>• Feedback form Parent meetings</li> <li>• Parent questionnaire</li> </ul>
	b) PE curriculum to be revisited to ensure that it is progressive and that children are challenged physically to build stamina			JS →				Children will become progressively more competent in their knowledge, understanding and skills related to P.E. Children will be able to articulate how athletes have demonstrated a variety of learning dispositions in order to become successful.	
	c) PDM to introduce updated PE curriculum and impact on teaching and learning					JS/CK/AG			
	d) Whole school project 'Take One Sporting Hero' will promote exercise and fitness	All staff							
	e) Extra-Curricular activities – Change for Life Club and daily exercise clubs will continue and further will be provided	JS/ All staff		→				There will be an increase in the number of children attending an After School club.	
	f) Timetables for PE lessons and clubs to be displayed in the staffroom, halls and playgrounds to inform everyone when they are taking place	JS		→				Parents will have an understanding of how to support their children with exercise and fitness approaches at home.	
	g) Staff will promote fitness and wear pedometers	All staff		→					
	h) Pedometers will be made available for children	JS/AG/CK						The profile of health and well- being will be raised and be evident across the school.	
	i) Learning mentors to								

	<p>target fitness support at key children</p> <p>j) The halls and the ball court will be made available for outside agencies to use to promote exercise and fitness, for example Taekwondo or gymnastics</p> <p>k) The school will promote outdoor activities available in the local community</p> <p>l) Staff to investigate the idea of 'whole school daily exercise' initiatives</p> <p>m) Continue links with Wide Horizons to provide school journeys and other outdoor activities</p> <p>n) Establish links with Downe Scout Camp and introduce camping trip</p> <p>o) Whole staff INSET on outdoor learning</p> <p>p) Annual Report to be updated to include P.E. section</p>	<p>MW/AA</p> <p>JS</p> <p>RS</p> <p>RS</p>	<p>JS/SLT</p> <p>JS/CK</p>	<p>→</p> <p>→</p> <p>→</p> <p>→</p> <p>→</p>			<p>RS/JS</p> <p>GP</p>		
<p>L3. To understand the importance of mental health and its relationship with the body</p>	<p>a) PHSE policies and curriculum to be reviewed and updated</p> <p>b) The importance of sleep and routines to be shared at a parent meeting</p> <p>c) Hygiene - targeted</p>	<p>CK/MW</p>	<p>YC/CK</p>	<p>→</p>				<p>There will be a consistent and progressive approach to PHSE throughout the school. Parents will be aware that 'evidence shows that night time sleep</p>	<ul style="list-style-type: none"> <li>• Updated policy and curriculum</li> <li>• Research evidence made available to parents on the school website</li> <li>• Monitoring of</li> </ul>

	<p>support from the learning mentors and school nurse</p> <p>d) Personal hygiene to have high priority as part of the PHSE curriculum</p> <p>e) Mindfulness – to take place daily. Systematic planned approach to e developed throughout the school</p> <p>f) Regular celebration of achievements both in school and outside of school</p> <p>g) Plan a termly assembly focused on health and well-being</p>	<p>Year 5 and 6 staff</p> <p>GP</p> <p>GP/CK</p>	<p>YC/CK</p>	<p>CK/YC</p>				<p>is just as important as healthy eating and exercise for children to develop. Those who don't get enough sleep are more likely to be overweight or obese.'</p> <p>The Learning mentors and other staff are confident to address health and hygiene issues.</p> <p>Children are confident self-assured learners.</p> <p>The spiritual, moral, social and cultural development of children equips them to be thoughtful, caring and active citizens in school and in wider society (brain imaging shows how mindfulness alters the structure and function of the brain). Children and adults will be calmer, happier and more fulfilled.</p> <p>Children's spiritual, moral, social and cultural development equips them to be thoughtful, caring and active citizens in school and in wider society.</p>	<p>mindfulness daily</p> <ul style="list-style-type: none"> <li>• Photographs</li> <li>• Conversations with children</li> <li>• School newsletters will acknowledge children's achievements</li> <li>• Assembly timetable and slides</li> </ul> <p><b>Useful websites</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.gov.uk/government/publications/breakfast-and-cognition-review-of-the-literature">https://www.gov.uk/government/publications/breakfast-and-cognition-review-of-the-literature</a></li> <li>• <a href="https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/477935/Foodteaching_Primaryguidelines_FINAL.pdf">https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/477935/Foodteaching_Primaryguidelines_FINAL.pdf</a></li> <li>• <a href="http://www.nhs.uk/Livewell/Childrens_sleep/Pages/how_muchsleep.aspx">http://www.nhs.uk/Livewell/Childrens_sleep/Pages/how_muchsleep.aspx</a></li> <li>• <a href="https://www.minded.org.uk/mod/page/view.php?id=18">https://www.minded.org.uk/mod/page/view.php?id=18</a></li> </ul>
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