



## Healthy Lifestyles & Wellbeing Policy

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### CONTENTS

<b>Policy Statement</b>		Page 1
<b>Section 1.0</b>	Pupil & Families Healthy Lifestyles	Page 2-3
<b>Section 1.1</b>	Pupil & families Wellbeing	Page 3 -4
<b>Section 2.0</b>	Staff Health	Page 5



## **Policy Statement**

At Idle CE Primary School, we are committed to supporting and promoting awareness and importance of mental health, emotional wellbeing and healthy lifestyles to all pupils, their families and members of staff.

We believe we have an important role to play in encouraging children to make healthy life choices. Educating children on the benefits of healthy eating, healthy living and regular exercise can bring about both immediate and long-term improvements to their quality of life. A healthy diet 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 in partnership with parents/carers a healthy lifestyle that, we hope, will continue into adulthood.

Our vision is to promote positive mental health and wellbeing for our school community and recognise the importance of this in our daily lives. We strive to work with children, staff, parents/carers and the wider community to equip them with information, knowledge and resources to develop healthy lifestyles with positive outcomes.

## **Related Policies:**

- Menopause Policy
- Flexible Working Policy
- Medical Policy
- SEND Policy
- Behaviour and Relationships Policy
- E safety
- Inclusion

## **1.0: Healthy Lifestyles (Pupils & Families)**

We believe that balanced nutrition is essential for good health and effective learning. The benefits of healthy eating include:

- Helping children to grow and develop both physically and mentally.
- Preventing childhood and adolescent health problems such as obesity, eating disorders, tooth decay and anaemia.
- Establishing healthy eating habits at a young age is critical to prevent bad habits becoming established in adulthood.
- Sitting down to a meal with others is an important part of a child's social education
- Improving mental health as well as recognising and promoting the links between physical and mental health.

### **At school we:**

- Teach pupils how to cook and prepare nutritional food in Design and Technology lessons.
- Provide a 'whole school' approach to nutrition.
- Teach pupils about healthy lifestyles both through the curriculum and through wider school opportunities.
- Work in partnership with pupils to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- Encourage pupils to choose a variety of foods to ensure a balanced nutritional intake.
- Encourage the consumption of milk and water.
- Encourage pupils to have 60 active minutes per day which could include the daily mile, sporting activities and active play.
- Walk/scoot/cycle to school week initiatives.
- Have regular PE sessions twice weekly for all pupils.
- Visuals in the dining area of examples of healthy food
- Display examples of healthy lunch boxes.
- Have an annual healthy week to promote healthy lifestyles Involving parents and the community.
- Healthy snacks available in a school tuck shop for KS2.
- Promote the consumption of fruit at breaktimes. This is available for Reception & KS1, funded by government schemes.
- Engage with Children's Mental Health Week annually.
- Recognise that sugars and fats can form part of a wider healthy lifestyle whilst teaching children that consumption of such items should be in moderation.
- Provide a nurturing breakfast club to encourage children to start the day with a healthy breakfast.
- Use Play Leaders to obtain pupil voice regarding extra-curriculum clubs.
- Promote extra-curricular sporting events.

**We will offer support through targeted approaches for individual pupils or groups of pupils which may include:**

- Parental workshops
- External professional advice including Sports events for pupils with SEND..
- SEMH strategies and support.
- Healthy snacks
- Interventions looking at ways to promote healthy lifestyles
- Discourage the consumption of sweet items between meals due to the negative impact of these on tooth hygiene.

### **Working with parents:**

- Offer food education workshops to all parents.
- Provide guidance on healthy food and lifestyle choices.
- SEMH strategies and support.
- Give regular updates on what is being taught in our Science, PE, DT, RE and PSHE curriculums.

- Refer to foodbanks and support with buying food if required on a short term basis whilst signposting to other services.
- Make them aware of NHS live well website <https://www.nhs.uk/live-well/>
- Offer places within nurture breakfast club to support families if required.

#### **Working with other agencies:**

- Continue to work in conjunction with both physical and mental health professionals to support our children and families.
- Look to draw on other professional expertise and advice where appropriate.
- Make referrals to School Nurse, Dieticians, Pediatricians and sports coaches etc where deemed necessary.
- Work with Holy Trinity Church foodbank to support families in need.

#### **Monitoring and evaluation**

- The Healthy Lifestyles and Wellbeing Policy will be published on the school website - hard copies are available on request. The policy will be reviewed every 3 years.

### **1.1: Wellbeing (Pupils & Families)**

Our school has a supportive and caring ethos rooted in our Christian vision of 'life in all it's fullness' (John 10:10) and each individual and the contribution they make is valued. At our school we know that everyone can experience life challenges that can make us vulnerable and, at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play. Our aim is to help develop the protective factors which build resilience and support pupils and families in tackling mental health concerns. We aim to promote the spiritual, moral, cultural, social, mental and physical development of our pupils and the wider community.

#### **Key staff:**

Whilst wellbeing is the responsibility of all staff, we have key trained staff in school to support pupil wellbeing:

- Mental Health First Aider/SEMH & Pastoral Team
- A Mental Health and Wellbeing Committee, made up of members from all areas of the school community.
- A named governor for mental health and wellbeing.

#### **At our school we:**

- Help children to understand their emotions and feelings better.(e.g..Zones of Regulation)
- Understand that SEMH can look different for different people and everyone needs an individualised approach.
- Promote awareness and importance of mental health.
- Adhere to a positive, restorative approach to behaviour management.
- Help children feel comfortable sharing any concerns or worries.
- Help children socially to form and maintain relationships with peers and adults.
- Promote self-esteem and ensure children know that their voice is heard.
- Encourage children to be confident and know they are valued.
- Help children to develop emotional resilience and teach them how to manage setbacks.
- Enable staff to identify and respond to early warning signs of mental ill health in children.
- Offer support and time to talk through a nurture breakfast club.
- Hold an annual a whole school wellbeing/ health lifestyles.

We will offer support through targeted approaches for individual pupils or groups of pupils which may include:

- Time to talk activities.
- Managing feelings resources e.g. 'worry boxes' and 'feelings cards'.
- Managing emotions resources such as 'the zones of regulation'.
- Primary group work/mental health and wellbeing groups.
- Therapeutic activities including Lego therapy.
- Daily 'Let's Connect' with pastoral staff to provide an opportunity for all pupils to speak to a trusted adult in school
- Directing families to outside agencies.

### **Identifying needs and Warning Signs**

School staff may also become aware of warning signs which indicate a student is experiencing mental health or emotional wellbeing issues. We will ensure that staff, students and parents/carers are aware of the support and services available to them, and how they can access these services both within school and signposting to support available from external services.

Possible warning signs include:

- Changes in eating / sleeping habits.
- Becoming socially withdrawn.
- Changes in activity and mood.
- Talking or joking about self-harm or suicide.
- Expressing feelings of failure, uselessness or loss of hope.
- Repeated physical pain or nausea with no evident cause.
- Secretive behaviour/trying to hide from situations.
- An increase in lateness or absence from school.

### **Working with Parents**

In order to support parents with mental wellbeing, we will:

- Highlight sources of information and support about mental health and emotional wellbeing on our school website.
- Share and allow parents to access sources of further support e.g. through parent forums and workshops.
- Ensure that all parents are aware of who to talk to, both within school and externally, if they have concerns regarding their child's wellbeing.
- Make our mental health and emotional wellbeing policy easily accessible to parents via the school website or via hard copy (available from the office).
- Share ideas about how parents can support positive mental health in their children.
- Keep parents informed about the mental health topics their children are learning about in PSHE and share ideas for extending and exploring this learning at home.

### **Working with other agencies and partners**

As part of our targeted provision the school will work with other agencies to support children's emotional health and wellbeing including:

- The School Nursing Team.
- Educational Psychology services.
- Behaviour support.
- Paediatricians.
- CAMHS (child and adolescent mental health service).
- Counselling services.
- Family support workers.
- Therapists.

## **2: Healthy Lifestyles (Staff)**

### **At our school we:**

- Have cool and fresh water available in the staffroom via a water cooler.
- Offer a free meal weekly for staff when dining with pupils in the school canteen.
- Offer Flu Vaccinations.
- Involve staff in nutritional workshops.
- Encourage and promote a healthy lifestyle.
- Encourage staff to wear appropriate clothing to join in PE lessons.
- Work alongside occupational health for both physical and mental health to support staff.
- Encourage and support staff to have an improved work life balance.

### **2.1: Wellbeing (Staff)**

#### **At our school we:**

- Plan an annual whole school wellbeing/healthy lifestyles week.
- Provide free access via telephone to a wellbeing line for staff.
- Annual staff wellbeing survey through Nourish the Workplace.
- Encourage staff to respond to parents between 8am-5pm only, following the Home-School Communications Policy.
- Promote and signpost to apps which can support wellbeing.
- Take a supportive approach to staff development through robust and constructive appraisal processes.
- Create a sense of belonging through regular team development opportunities such as fuddles, CPD and social events.
- Following a restorative approach to dealing with issues between staff in line with the Behaviour and Relationships Policy.
- Dedicate a shared space to recognising and praising staff weekly for their efforts.
- Provide access to staff mindfulness, relaxation and managing stress sessions.
- Promote the mental health charity **Mind.org** who offer advice and support on mental health and wellbeing.
- Support staff with Menopause related issues in line with the Menopause policy.
- Valuing work life balance and seeking to address areas of school life which impact negatively on this, seeking solutions where possible.
- Ensure staff have correct entitlement to breaks.
- Ensure all non -teaching time for Planning, Preparation and Assessment is planned into the weekly timetable to enable staff to plan ahead and manage their workload.
- Provide appropriate space for staff to complete PPA.
- Ensure support staff complete their working roles within school hours.
- Offer private prayer space as required.
- Invite staff to attend half-termly Community and Prayer Breakfasts.

#### **Working with other agencies and partners**

We may work alongside other agencies to support staff's emotional health and wellbeing including:

- Occupational Health.
- CAMHS (child and adolescent mental health service).
- Counselling services.
- Therapists.

**Related Policies:**

- Menopause Policy
- Flexible Working Policy
- Medical Policy
- SEND Policy
- Home-School Communications Policy
- Behaviour and Relationships Policy