

Latifa School for Girls

Healthy School Policy

Rationale

Schools can play an important role in combating the increasing concerns over children's health, nutrition and exercise habits. By implementing an effective Healthy School policy, a school can positively influence students' healthier lifestyle choices for the present and for the future. In addition, healthier lifestyle choices can help to raise standards within the school by supporting learning.

Aims

To increase the awareness of:

- healthier nutritional choices
- the importance of regular exercise
- general issues of health and hygiene

To enable students to make educated choices leading to a healthier lifestyle for the present and for the future

To provide a coherent approach across the curriculum towards the education of healthier lifestyle choices

To ensure that healthy choices are available at all times within school

Strategies

- Implement a whole school approach to promoting healthier lifestyle choices and raising awareness of health issues within schemes of work across the curriculum.
- Ensure that the good habits set up in the primary phase are maintained and/or extended in the secondary phase
- Provide opportunities to take part in a variety of physical activities within PE lessons and in the wider school through clubs and the provision of facilities for break and lunch time activities
- Make students aware of nutritional and health values to promote healthier food and drink choices
- Schedule promotional activities to give students and their families the opportunity to make healthy choices
- Make opportunities available wherever possible to staff to promote exercise and healthier choices of food and drink

- Involve students in the promotion of healthier lifestyle choices wherever possible
- Review and evaluate the food and drink available - to be carried out by the school/kitchen/SMT
- Ensure that drinking water is freely available to students and staff/encourage use of water bottles brought in by students
- Organise events and activities to continue to promote healthier lifestyle choices throughout the school year

Conclusion

A school that promotes and develops healthy eating will boost attainment and help students to reach their full potential.

Monitoring and Evaluation

These are to be carried out through:

Student Surveys

Parental surveys

Focus Groups

Review of policy

The policy will be reviewed annually by PLT