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LVS Oxford Healthy School Policy

Every Child Matters and the Children Act 2004 – being healthy; staying safe; enjoying and achieving; making a positive contribution; and economic wellbeing.

This policy was written and agreed by the Louisa Allison –Bergin Head of School with input from staff and Multi-disciplinary team last updated October 2020.

The restrictions needed to impede the spread of COVID 19 at this time has changed and impacted some of our regular activities such as the offer of football and basketball at break times, allowing students to help themselves to open salad bowls etc.

For review October 2021

In order to achieve this, we at LVS Oxford see the value of these 5 core themes: -

- **Healthy eating**
- **Physical Activity**
- **Personal, social, and health education** including sex and relationship education and drug education (including alcohol, tobacco and volatile substance abuse);
- **Emotional health and wellbeing** – (including anti- bullying and building resilience)
- **Vocational Training**

The LVS Oxford Approach

Aims

- aims to develop an ethos and environment that supports learning and promotes the health and well-being of all;
- consults and encourages participation of all within the school community; and
- is an extremely effective, evidence-based school improvement mechanism which brings about and embeds cultural change in our school

How do we evaluate?

Healthy school Committee meets every half term to agree priorities and action plan and ways of involving governors, staff, pupils and parents/carers, and other professionals (eg health) and the local community.

Core elements of LVS Oxford as a healthy school

Healthy eating

Pupils have the confidence, skills and understanding to make healthy food choices. Healthy and nutritious food and drink is available across the school day.

A Healthy School:

1. Has identified as members of the senior management team to oversee all aspects of food in the school, Head of School, General Services Manager (Sodexo) and School Nurse
2. Sodexo as our catering suppliers ensures provision of training in practical food education for their staff, including diet, nutrition, food safety and hygiene;
3. Involves pupils and parents in guiding food policy and practice within the school, enables them to contribute to healthy eating and acts on their feedback through School Council and parent consultation with support by SALT
5. Has a welcoming eating environment that encourages the positive social interaction of pupils
6. Ensures healthier food and drink options are available.
7. Monitors pupils' menus and food choices to inform policy development and provision including use of traffic light system.
9. Ensures that pupils have opportunities to learn about different types of food in the context of a balanced diet (using the Balance of Good Health) and how to plan, budget, prepare and cook meals, understanding the need to avoid the consumption of foods high in salt, sugar and fat and increase the consumption of fruit and vegetables;
10. Has easy access to free, clean and palatable drinking water, based on government national guidance.

Physical Activity

Pupils are provided with a range of opportunities to be physically active. They understand how physical activity can help them to be healthier, and how physical activity can improve and be a part of their everyday life.

As a Healthy School, LVS Oxford:

1. Provides clear leadership and management to develop and monitor its physical activity policy;
2. Working towards a wholeschool physical activity policy – developed through wide consultation, implemented, monitored and evaluated for impact;
3. Ensures a minimum two hours of structured physical activity each week to all of its pupils in or outside the school curriculum;
4. Provides opportunities for all pupils to participate in a broad range of extracurricular activities that promote physical activity;
5. Consults with pupils about the physical activity opportunities offered by the school, identifies barriers to participation and seeks to remove them;
6. Involves schools sports coordinator and other community resources in provision of activities;

7. Ensures that there is appropriate training provided for those involved in providing physical activities;

Personal, social and health education, including sex and relationship education and drug education (including alcohol, tobacco and volatile substance abuse)

PSHE provides pupils with the knowledge, understanding, skills and attitudes to make informed decisions about their lives.

As a Healthy School, LVS Oxford:-

1. Uses the PSHE framework to deliver a planned programme of PSHE, in line with DfES/Qualifications and Curriculum Authority (QCA) guidance;
2. Monitors and evaluates PSHE provision to ensure the quality of teaching and learning;
3. Assesses pupils' progress and achievement in line with QCA guidance;
4. Has a named member of staff responsible for PSHE provision with status, training and appropriate senior management support within the school;
5. Has up to date PHSE policies in place – developed through wide consultation, implemented, and monitored and evaluated for impact – covering sex and relationship education, drug education and incidents, & child protection;
6. Involves professionals from appropriate external agencies to create specialist teams to support PSHE delivery and to improve skills and knowledge, such as a school nurse, sexual health outreach workers and drug education advisers;
7. Has arrangements in place to refer pupils to specialist services who can give professional advice on matters such as contraception, sexual health and drugs;
8. Uses local data and information to inform activities and support important national priorities such as reducing teenage pregnancies, sexually transmitted infections and drug/alcohol misuse;
9. Has mechanisms in place to ensure all pupils' views are reflected in curriculum planning, teaching and learning, and the whole school environment, including those with special educational needs and specific health conditions, as well as disaffected pupils, young carers and teenage parents.

Emotional health and wellbeing

Promoting positive emotional health and wellbeing to help pupils understand and express their feelings, and build their confidence and emotional resilience and therefore their capacity to learn.

As a Healthy School, LVS Oxford:

1. Identifies vulnerable individuals and groups and establishes appropriate strategies to support them and their families;
2. Provides clear leadership to create and manage a positive environment which enhances emotional health and wellbeing in school – including the management of the behaviour and rewards policies;
3. Has clear, planned curriculum opportunities for pupils to understand and explore feelings using appropriate learning and teaching styles;
4. Has a confidential pastoral support system in place for pupils and staff to access advice – especially at times of bereavement and other major life changes – and this system actively works to combat stigma and discrimination;
5. Has explicit values underpinning positive emotional health which are reflected in practice and work to combat stigma and discrimination;
6. Has a clear policy on bullying, which is owned, understood and implemented by the whole school community;
7. Provides appropriate professional training for those in a pastoral role;
8. Provides opportunities for pupils to participate in school activities and responsibilities to build their confidence and self-esteem;
9. Works within the bounds of current GDPR legislation and protects confidentiality unless a safeguarding concern overrides this.
10. Has a Mental health Policy

Vocational

The Vocational Pathways at LVS Oxford are designed to develop the knowledge, skills and attitudes in preparation for employment within the hospitality and catering industry. Students are involved in a range of catering, food preparation, food hygiene and understanding of healthy eating as well as horticulture.

Cookery lessons in the school focus on student independence skills and a healthy lifestyle.

Other useful sites

www.teachernet.gov.uk/healthyliving

The supporting website for the Healthy Living Blueprint – it provides a one-stop shop for a range of national and local initiatives to support schools in promoting healthy living.

www.ofsted.gov.uk

This site provides information about the nature of school inspection, inspection reports focusing on schools and LEAs, as well as explaining the

new inspection regimes for children's services – including details of Joint Area Review and Annual Performance Assessments

PSHE

www.teachernet.gov.uk/pshe

The comprehensive teachernet site has information about PSHE and related issues.

www.qca.org.uk/pshe

The site for QCA has useful information about the subjects of the National Curriculum and the non-statutory framework for PSHE, supported by end of Key Stage statements and schemes of work.

Healthy eating

www.foodinschools.org.uk

This site supports the work of Healthy Schools in relation to all aspects of eating at school – including breakfast clubs, lunch boxes, water, dining room environment, school lunches.

www.5aday.nhs.uk

This site supports the Government's drive to encourage more people, including young people, to eat five or more portions of fruit and vegetables each day.

Physical activity

www.teachernet.gov.uk/pe

The comprehensive teachernet site has information about PE and school sport.

www.sportengland.org

Has a wealth of information about sport and physical activity, including the location of 15,000 local sporting facilities (www.activeplaces.com) and details of the Everyday Sport campaign.

Emotional health and wellbeing

www.youngminds.org.uk/publications

YoungMinds has developed a range of publications that address the mental health problems affecting young people. They are based upon concerns heard via their telephone helpline (YoungMinds Parents' Information Service) or through their research projects.

www.teachernet.gov.uk/wholeschool/healthyliving/behaviours/mentalhealth

Topical information and links to other useful sites and ideas can be found here.

Useful apps include

Mindshift and SAM are a Free apps designed to help teens and young adults cope with and manage anxiety

CBT-i coach Free app to help with relaxation and sleep

Smiling Mind is a mindfulness meditation Free app to put a smile on your face.

References

www.healthyschools.org.uk

www.schoolwellbeing.co.uk/pages/healthy-schools

www.ttrb3.org.uk/wp-content/uploads/.../national_healthy_schools_status_guide.pdf