

WOODHOUSE ACADEMY

HEALTHY LIFESTYLE POLICY

Reviewed: Autumn 2022
To be reviewed: Autumn 2024

Woodhouse was awarded Healthy School status because of our policies around healthy lifestyle. We have a working party dedicated to constantly improving this aspect of school life.

Children learn about the importance of healthy eating in Food Tech, science, PE, PSHE, form time and in assemblies and we run competitions and fun activities to reinforce our food policy:

- Break time snacks can include fruit, yoghurt, vegetable sticks etc.
- Unhealthy snacks such as crisps, chocolate and chocolate biscuits are restricted to lunchtimes and we would encourage pupils to eat these as the second part of their lunch.
- Fizzy drinks are not permitted.

Please see examples and recipes for healthy snacks and lunchboxes on our website.

We encourage pupils to be as active as possible. All children have 3 hours of timetabled PE a week and the department run an extensive extra curricular programme, which is available to students at lunch time and after school. The timetable of activities changes each half-term and is posted in form rooms, on the PE noticeboard and on the website. We pride ourselves on high levels of attendance at the clubs, which has been acknowledged with being awarded the Gold Sports Kitemark.

As part of the Physical Education curriculum, Year 6 students take part in swimming lessons at our local leisure centre. We have a commitment to ensure that pupils by the end of KS2 can swim 25metres competently.

All our students, at some point during their time at Woodhouse, have access to a weekly lesson 'Health and Nutrition'. This time encourages them to learn about, plan and deliver, healthy food, equipping them with knowledge and skills to take with them into adult life.

We have recently installed a polytunnel on the school grounds, where pupils are learning to grow their own vegetables and are planning to use the food within cookery lessons. We have also developed a well-being garden which provides a calming place for our children.

We look after the spiritual and mental health of pupils by providing opportunities for them to share views and concerns, learn strategies to deal with stress, and receive counselling. This is achieved through strong pupil/teacher relationships, worry boxes, circle time, school and sports' councils, RE and PSHE and our Pupil Support Centre.