

## **Great Oaks College Promoting Healthy Lifestyles Policy**

Person Responsible: *Head of College* HT/DHT

Date of Policy: November 2017

Next Review Due: November 2020

### **Rationale**

Great Oaks College seeks to prepare students with Learning disabilities to live independent, healthy lives. Through Vocational, Life skills, Physical Education enhancement days and Sensory programmes we will encourage and model healthy choices which will impact on student's health into their adult lives.

### **Objectives**

- To ensure that Great Oaks College gives consistent messages about food, exercise and health.
- To improve the health and development of students, staff and their families by helping to influence their eating habits and attitude to fitness through increasing their knowledge and awareness of food and physical activity.
- To ensure that all students have access to appropriate physical activities.
- To ensure students are well nourished at school, and that every student has access to safe, tasty, and nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provision in Great Oaks College reflects the ethical, cultural and medical requirements of staff and students e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment.
- To ensure that Treetops Café has a range of foods including healthy choices, and guide students on the choices that they make.
- To ensure that specific students who need additional nutritious foods/drinks to build up body weight and stamina are considered and catered for.
- Great Oaks College recognises that some students may have medical conditions or difficulties requiring special diets or difficulties with eating particular foods that do not allow the standards to be met exactly. Parents are encouraged to ensure that packed lunches are as healthy as possible.
- To ensure that students are encouraged to make informed choices in relation to aspects of keeping themselves safe, giving permission, assertion and

### **Teaching and the curriculum**

- Physical activities will be provided as options on Curriculum Enrichment days. Students will be able to choose from a range of options to find activities which are motivating and fun in order to promote this important area.
- Life Skills courses
- PSHEC

### **Roles and Responsibilities of those involved**

- All staff working the college will:
- Encourage healthy food choices.
- Encourage participation in physical activities.
- Encourage students to make healthy lifestyle choices relating to all aspects of self-protection. This particularly relates to the skills of permission, decision making, health and safety, and preparing to become informed citizens.

### **How we will promote Healthy Lifestyles at Great Oaks College**

- We will strive to meet the government's guidelines on the provision of healthy meals.
- Hot meals will be provided which adhere to government guidance.
- Healthy options will be available for students in the Treetops Café.
- Drinks provided will be water or no-added sugar juice.
- A range of motivating physical activities will be available to students through the take up of weekly 'Enhancement days'
- Planned programme of PSHEC

### **Monitoring and Evaluation**

The Head of college is responsible for supporting colleagues in the delivery of the healthy lifestyles policy.

November 2017