

<b>Healthy Lifestyles Policy</b>	
Person Responsible:	Laura Davies
Date of Policy:	September 2022
Next review date:	September 2025
<b>Rationale</b>	
<p>Great Oaks College seeks to prepare all students to live as independent and healthy a life as possible. All 3 pathways will promote healthy lifestyles to all students through differentiated, student-centred activities, awareness days, events and visits. This will serve as a large part of our preparation for adulthood focus. Individual student need will be taken into account and staff will have high expectations of all students.</p>	
<b>Aims</b>	
<b>Objectives</b>	
<p><b>Wider College responsibilities</b></p> <ul style="list-style-type: none"> <li>•To have a zero tolerance policy on body shaming or undue public focus on an individual's physical appearance</li> <li>•To ensure that Great Oaks College gives consistent messages about food, exercise and health.</li> <li>•To act as a 'nut free' site due to severe allergy within the wider campus.</li> <li>•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.</li> <li>•To ensure that all students have access to appropriate, differentiated physical activities and not allow additional needs to stand in the way of this.</li> <li>•To ensure students are well nourished at college, and that every student has access to safe, tasty, and nutritious food and a safe, easily available water supply during the college day. As part of this, students will be given the appropriate time and support to finish their meals.</li> <li>•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, intolerant and allergenic needs.</li> <li>•To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment.</li> <li>•To ensure that all students are aware of what they are eating and are given the opportunity to make choices.</li> </ul>	

- To ensure that the OK Café has a range of foods including healthy choices, and guide students on the choices that they make. We will work in partnership with families to promote healthy choices and a balanced diet, and to support healthy decisions through AAC and specialist strategies.
- To ensure that specific students who need additional nutritious foods/drinks to build up body weight and stamina are considered and catered for.
- To ensure that students who are not able to take food orally are offered alternative activities when peers are eating and that food consumption is never the main part of an activity they are part of.
- 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.

#### 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. These will be differentiated to meet the needs of all students.
- Life Skills courses – focus on healthy choices, budgeting, cooking, planning etc. Physical activities to be incorporated as part of leisure activities as well as clubs promoting healthy activities. Sensory diets to support movement breaks, concentration and focus
- PSHEC
- Preparing for Adulthood outcomes – explored in Annual reviews, transition meetings etc
- Physiotherapy and OT programmes embedded into student timetables and promoted as an ordinary, important part of daily living

#### 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.
- The college Nurse will be able to support those with queries or concerns around nutrition to find the correct answer or to connect with someone who can

- The college will occasionally work with dieticians and nutritionists where applicable for individual students to embed healthy practices and student specific guidance
- Hot meals will be provided which adherences to government guidance.
- Healthy options will be available for students in the OK Café.
- Drinks provided will be water or no-added sugar juice.
- A range of motivating physical activities will be available to students during weekly enrichment days
- Planned program of PSHEC

#### Monitoring and Evaluation

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