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|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Healthy Lifestyles Policy</b> |
| Person Responsible:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Deputy Principal RM              |
| Date of Policy:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | September 2025                   |
| Next review date:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | September 2028                   |
| <p style="text-align: center;"><b>Rationale</b></p> <p>Great Oaks College seeks to prepare all students to live as independent and healthy a life as possible. Healthy lifestyles are promoted across all three pathways through differentiated, student-centred activities, awareness days, events, and visits. This forms a key part of our Preparation for Adulthood focus.</p> <p>Individual student needs will always be taken into account, with staff maintaining high expectations of every learner. The College is committed to supporting students to lead healthy, independent lives by promoting physical, emotional, and social wellbeing, in line with their aspirations and needs. <b>Aims</b></p> <p>The aims of this policy are to:</p> <ol style="list-style-type: none"> <li>1. Promote independence by enabling students to make informed, healthy choices.</li> <li>2. Encourage healthy living across all pathways through engaging, differentiated activities.</li> <li>3. Raise awareness of health and wellbeing through events, awareness days, and visits.</li> <li>4. Embed healthy lifestyles education as a central part of preparation for adulthood.</li> <li>5. Recognise individual student needs and provide tailored support.</li> <li>6. Maintain high expectations, enabling all students to achieve their full potential.</li> </ol> |                                  |
| <p style="text-align: center;"><b>Objectives</b></p> <p><b>Objectives Inclusion, Equality &amp; Safeguarding</b></p> <ul style="list-style-type: none"> <li>• Ensure healthy lifestyle programmes are accessible to all students, including those with profound and multiple learning difficulties (PMLD), autism, and physical disabilities.</li> <li>• Provide adaptations and resources to suit a range of communication or learning styles.</li> <li>• Safeguard students through safe practice, risk assessments, and staff training.</li> <li>• Ensure mental health and emotional wellbeing support is delivered confidentially, in line with safeguarding policies.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                  |

### **Wider College Responsibilities**

Great Oaks College will:

- Promote healthy eating habits and positive attitudes to fitness by increasing knowledge and awareness of food, exercise, and wellbeing.
- Ensure that all students have access to appropriate, differentiated physical activities, regardless of additional needs.
- Provide food provision and curriculum that reflects ethical, cultural, and medical requirements (e.g., religious, vegetarian, medical, intolerances and allergies).
- Provide consistent messages about food, exercise, and health.
- Operate as a **nut-free site**, due to severe allergies on campus'.
- Students will have appropriate time and support to finish their meals.
- Provide opportunities for students to make informed food choices, supported through AAC and specialist communication strategies where required.
- Provide alternative activities for students unable to eat orally, ensuring they are included meaningfully when peers are eating.
- Work with parents and carers to encourage healthy packed lunches.

### **Teaching and the Curriculum**

- **Curriculum Enrichment Days** will offer a variety of physical activities, adapted to meet students' needs and encourage motivation and enjoyment.
- **Courses** will cover healthy eating, budgeting, shopping, cooking, and planning meals as appropriate.
- **PSHEC curriculum** will embed preparation for adulthood outcomes, including decision-making around health and wellbeing.
- **Physiotherapy and Occupational Therapy programmes** will be integrated into student timetables as part of everyday routines.

### **Roles and Responsibilities All Staff**

- Encourage healthy food and drink choices.
- Support participation in physical activities.
- Promote positive lifestyle choices, including self-protection, decision-making, and personal safety.
- Model healthy behaviours in line with the College ethos.

### **Senior Leadership Team (SLT)**

- Ensure policy implementation across pathways.
- Provide resources, training, and support for staff.
- Oversee monitoring and evaluation of impact.

### **College Nurse / Therapy Team**

- Provide guidance to staff, students, and families around nutrition and health needs.
- Liaise with dietitians and other health professionals where required.

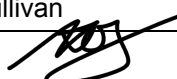
- Support student-specific care plans for nutrition, physiotherapy, and wellbeing.

#### **Parents and Carers**

- Support healthy lifestyles at home by providing healthy packed lunches where applicable.
- Work in partnership with the College to reinforce consistent messages about health and wellbeing.

#### **How We Promote Healthy Lifestyles at Great Oaks College**

- Deliver a planned PSHEC programme focusing on health and wellbeing.
- Offer regular physical activities through enrichment and curriculum.
- Collaborate with dieticians, nutritionists, and health professionals to support specific student needs.

| <b>Approved by Board of Trustees</b> |                                                                                      |
|--------------------------------------|--------------------------------------------------------------------------------------|
| Print Name                           | Killian O'Sullivan                                                                   |
| Sign                                 |  |
| Date Agreed                          | 14th October 2025                                                                    |