



## HEALTHY EATING & EXERCISE POLICY

### 1. Rationale & HM Government Guidance

1.1. HM Government states that:

- All children should engage in moderate to vigorous intensity physical activity for at least 60-minutes up to several hours per day. 30-minutes of this time should be available at school
- Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three-days-a-week
- All children and young people should minimise the amount of time spent being sedentary (sitting) for extended periods

1.1.1. Individual physical and mental capabilities should be considered when interpreting the guidelines.

1.2. HM Government is strongly promoting healthy eating and exercise among children and young people. Hartmore School Policy has been developed utilising the following Government dietary recommendations:

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/547050/government\\_dietary\\_recommendations.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/547050/government_dietary_recommendations.pdf)

1.3. Hartmore School's focus is to increase the amount of fresh fruit and vegetables that children are eating, as well as reducing the amount of sugar consumption. The Government recommended 'Eatwell Guide' can be seen below:

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/528193/Eatwell\\_guide\\_colour.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf)

1.4. In August 2016 the Government released a 'Plan for Action' regarding childhood obesity. This plan can be seen in full using this link:

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/546588/Childhood\\_obesity\\_2016\\_2\\_acc.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/546588/Childhood_obesity_2016_2_acc.pdf)

### 2. What School Will Do

#### 2.1. Physical Activities

2.1.1. At Hartmore School we are committed to ensuring all children have access to a healthy lifestyle including various movement and exercise activities built in to their weekly-timetable.

2.1.2. Hartmore School provides two-hours of Physical Exercise (PE) for each pupil every week. In addition they are provided with two-hours of Outdoor Education and a further hour of 'Enrichment' (which focuses on exercise and movement). Pupils are also encouraged to move on a daily-basis with a 'Jump Start' programme.

2.1.3. Each pupil has an individual Health & Movement Plan. This includes a plan to address any health/weight concerns, and encourage each pupil to lead a more active lifestyle. By providing guidance to healthy lifestyles now, we try to encourage them to form good habits leading healthy adulthood.

### **3.1. Healthy Eating**

3.1.1. All pupils are expected to bring a packed lunch to school; this may include one of each item listed below:

- 1 x sandwich
- 2 x pieces of fruit
- 1 x yoghurt 1 x cereal bar
- 1 x packet of crisps (although are encouraged to replace with a healthier option)

3.1.2. Pupils are not permitted to bring pots of pasta, chocolate, cakes, cartons of juice, fizzy drinks or other high fat, high sugar food stuffs into school.

3.1.3. All pupils will be taught the fundamentals of a Healthy Balanced Diet within cooking lessons. Pupils will also be taught about the importance of hydration within Physical Education. Within Vocational lessons students will learn about growing seasonal foods, preparing our students for a successful future.

### **3.2. 'Brain Food' Snacks & Drinks (Optional)**

3.2.1. Pupils may bring into school a clear pot containing 'bite sized' fresh fruit and vegetables. This is accessible to pupils throughout the day, to keep on their desks.

3.2.2. Pupils may bring into school a sports capped bottle of water, to sip throughout the day.

## **4. Fitness**

### **4.1. Individual Personalised Training Programme**

4.1.1. An Individual Personalised Training Programme is developed for every pupil. All pupils will receive a fitness plan tailored to their personal needs, this may include extra gym sessions throughout the week on top of timetabled activities.

### **4.2. 'Jump Start'**

4.2.1. Everyday all pupils will take part in 5-10 minutes of exercises within the classroom environment.

### **4.3. Friday Fitness Enrichment (Afternoon)**

4.3.1 Activities Offered- walking, swimming, gym/circuits, skate park, bouldering, squash. Pupils sign up to one activity from the list provided each term. This will be timetabled across the school for Friday afternoons.

### **4.4. Termly Sporting Event (e.g. Sport Relief, Sports Day)**

4.4.1. On the last day of each term all pupils will take part in a school-wide sporting event. This varies from charitable mile runs, to sports day activities.

## **5. Policy Review**

5.1. This Policy will be reviewed every 24-month. It was last reviewed in October 2020 and will be reviewed again in September 2022.