

Swanwick School and Sports College

SSSC Healthy School Policy

Date Reviewed	Review Date	Policy Writer	Nominated Governor
November 2023 October 2024 October 2025 October 2026	October 2027	Charlotte Mckee	Karen Hudson

Introduction

Swanwick School and Sports College (SSSC) takes a whole school approach to promoting the health and wellbeing of pupils and staff. We recognise that physical health, mental health, emotional wellbeing, healthy relationships, nutrition, physical activity and a safe and inclusive environment all contribute to pupils' ability to learn, develop and thrive.

This policy sets our approach to promoting healthy lifestyles across the school. We work collaboratively with pupils, staff, parents/carers, governors, health professionals and other relevant agencies to promote positive health and wellbeing and to enable pupils to develop the knowledge, skills and understanding required to make informed choices appropriate to their age, needs and stage of development.

Aim

SSSC aims to support pupils to develop the knowledge, skills, understanding and confidence needed to promote their health, mental health, emotional wellbeing and independence both now and in the future.

We aim to:

- promote a whole-school approach to health and wellbeing.
- provide a safe, inclusive and supportive environment in which pupils can learn, participate and thrive.
- promote healthy, balanced and informed choices relating to food and nutrition.
- promote physical activity and participation as part of a lifelong healthy lifestyle.
- provide high-quality Physical Education (PE) and opportunities for school sport and physical activity.
- support pupils to understand how lifestyle choices can affect physical and mental health.
- develop pupils' confidence, resilience, self-esteem and independence.
- support pupils with medical conditions and allergies to participate fully and safely in school life.

- work collaboratively with families, health professionals and other agencies where appropriate.
- promote healthy behaviours through positive role modelling across the school community.

Healthy Eating and Nutrition

SSSC promotes a positive and balanced approach to food and nutrition. Pupils are supported to understand that a healthy lifestyle includes eating a varied and balanced diet and developing positive lifelong attitudes towards food.

School food provision will meet applicable School Food Standards and take account of pupils' individual dietary, medical, cultural and religious needs. Current DfE guidance also requires schools to continue to meet the special dietary requirements of pupils with allergies or other medical conditions when menus or food products change.

SSSC will:

- encourage a balanced approach to food through the curriculum and through food and drink provided or consumed on the school site;
- provide pupils accessing school meals with an appropriate, balanced meal choice;
- make an appropriate vegetarian option available;
- provide fruit and low-fat yoghurt as alternatives to the dessert on the school menu;
- encourage parents and carers providing packed lunches to include a range of balanced and nutritious foods, supported by appropriate NHS guidance;
- provide a pleasant, safe and supportive environment in which pupils can eat;
- support pupils to develop appropriate social, communication and independence skills during mealtimes;
- make reasonable adjustments to dining arrangements where required as a result of an individual pupil's needs;
- provide appropriate packed lunches for educational visits and trips where required;
- offer a piece of fruit as a healthy snack each day to pupils within Primary classes;
- actively discourage sweets and chocolate as everyday snacks.

Chewing gum is not permitted on the school premises or while pupils are representing the school.

Allergy Awareness and Safety

SSSC is an **allergy-aware school** and is committed to providing a safe, inclusive and supportive environment for pupils with allergies, including those at risk of anaphylaxis.

The Children's Wellbeing and Schools Act 2026 introduced specific requirements concerning allergy safety policies, and the Department for Education published statutory Allergy safety in schools' guidance in July 2026. The guidance includes requirements relating to staff allergy-awareness training, Individual Healthcare Plans, reducing exposure to allergens, responding to allergic reactions and learning from serious incidents and near misses.

SSSC will take reasonable and proportionate measures to reduce the risk of pupils coming into contact with their known allergens, while recognising that it is not possible to guarantee an entirely allergen-free environment.

The school will:

- maintain appropriate procedures for identifying and supporting pupils with known allergies;
- ensure that all staff receive appropriate allergy and anaphylaxis awareness training;
- ensure staff understand how to recognise and respond to an allergic reaction or anaphylaxis;
- ensure individual pupil needs are recorded and communicated appropriately;
- use Individual Healthcare Plans (IHPs) where required;
- ensure pupils' emergency medication is appropriately available and accessible;
- follow appropriate procedures to minimise the risk of allergen exposure and cross-contact;
- work with pupils, parents/carers, caterers and health professionals to manage identified allergy risks;
- consider allergy safety within educational visits, curriculum activities, celebrations, fundraising events, food preparation and other activities involving food; and
- record and review significant allergy-related incidents and near misses in accordance with the school's procedures.

Specific arrangements for preventing and responding to allergic reactions are set out within the school's Allergy and Anaphylaxis Policy and Supporting Pupils with Medical Needs Policy.

Drinks and Hydration

SSSC recognises the importance of appropriate hydration for pupils' health, wellbeing and ability to engage in learning.

Water is promoted as the preferred everyday drink.

- Pupils are encouraged to bring a named, reusable water bottle to school.
- Pupils will be able to refill their water bottles during the school day.
- Pupils may have access to their water bottles during lessons, although bottles may need to be stored in a designated area during particular activities for health and safety reasons.
- Staff will encourage and, where appropriate, prompt pupils to remain hydrated throughout the day.
- Pupils will have access to drinking water at break and lunchtime.
- Pupils will have access to water during and/or following physical activity as appropriate.
- Fizzy drinks and energy drinks are not permitted in school or when pupils are representing the school.
- Where drinks are used as part of curriculum activities, they will be selected appropriately with consideration given to pupils' health, dietary requirements and allergies.

Staff are encouraged to model positive choices, including the use of reusable water bottles. For health and safety reasons, staff hot drinks must be appropriately contained, including the use of leak-proof cups where required, and must not present a risk to pupils.

Breakfast Provision

Pupils are offered a slice of toast as an option during morning registration.

Breakfast provision will take account of identified allergies, dietary requirements and individual healthcare needs and will be managed in accordance with the school's allergy safety procedures.

Breakfast provision also provides opportunities to develop communication, social interaction, independence and other appropriate life skills where relevant to the individual pupil

Celebrations, Bake Sales and Fundraising

SSSC recognises that celebrations and fundraising activities are an important part of school and community life.

The school may occasionally hold bake sales or other food-based activities. Where food is brought into school, consideration will be given to pupils' known allergies and dietary requirements.

Food-based activities will be planned and managed in accordance with the school's Allergy and Anaphylaxis Policy. Appropriate information about ingredients and allergens will be made available and pupils with identified allergies will be supported to make safe choices in accordance with their individual arrangements.

The DfE's current school food allergy guidance emphasises identifying allergen ingredients and continuing to meet the needs of pupils with allergies and other medical conditions.

Where bake sales are held:

- these will ordinarily take place no more than once per half term;
- parents/carers will be informed when appropriate;
- pupils may be limited in the number of items they purchase;
- allergy safety procedures will be followed; and
- the school will balance food-based fundraising with appropriate non-food alternatives, including activities such as sport and physical activity.

The Curriculum

SSSC recognises the importance of enabling pupils to develop the knowledge, understanding and skills they need to keep themselves healthy and safe in an ever-changing world.

Health and wellbeing are promoted through a broad and appropriately sequenced curriculum. This includes:

- Personal, Social, Health and Economic Education (PSHE);
- Relationships, Sex Education (RSE);
- Physical Education (PE);
- Food Technology;
- Life Skills; and
- Science.

Curriculum content is appropriately adapted and adapted according to pupils' age, developmental stage, communication needs and SEND, enabling pupils to access meaningful and relevant learning and develop increasing independence wherever possible.

The school's curriculum will have regard to the statutory Relationships Education, Relationships and Sex Education and Health Education guidance (2026).

Personal, Social and Health Education (PSHE):

Through PSHE and RSE, pupils will be supported, at an appropriate level, to develop their understanding of areas including:

- physical health and fitness;
- healthy eating and nutrition;
- mental health and emotional wellbeing;

- drugs, alcohol and tobacco;
- health and prevention;
- personal hygiene;
- relationships;
- personal safety;
- online safety and wellbeing;
- changing bodies and puberty, where developmentally appropriate;
- recognising when and how to seek help and support; and
- making informed and increasingly independent choices.

Key Stage 4 pupils may undertake appropriate ASDAN or other qualifications linked to health and healthy lifestyles where these form part of their individual learning pathway.

Physical Education (PE) and Physical Activity

SSSC recognises the contribution that regular physical activity makes to physical health, emotional wellbeing, confidence and quality of life.

All pupils will be provided with appropriate opportunities to participate in physical education and activity, with reasonable adjustments made according to individual need.

Opportunities may include:

- regular PE lessons;
- blocked swimming sessions for Primary-aged pupils;
- Interhouse activities;
- Break and lunch time sports clubs and physical activities;
- visits, trips and community based sporting opportunities;
- outdoor learning, including opportunities within Key Stage 4; and
- activities that develop pupils' physical skills, confidence, communication, teamwork and independence.

Pupils will be encouraged to recognise physical activity as an enjoyable and positive part of a healthy lifestyle.

Food Technology

Food Technology provides pupils with opportunities to develop practical skills for life alongside their understanding of food, nutrition and healthy eating.

Learning will include, where appropriate:

- practical food preparation and cooking skills;
- understanding the principles of a healthy and balanced diet;
- making informed food choices;
- safe and hygienic food practices;
- food hygiene and food safety;

- allergy and allergen awareness;
- consumer awareness;
- increasing independence in planning, preparing and serving food; and
- exploring food and cuisine from different cultures and traditions.

Food Technology is taught within Key Stage 3 through Theme and is available as an Option within Key Stage 4. In addition to these lessons, there are also opportunities throughout the year for Primary classes to have bespoke Food Technology lessons.

Life Skills

Life Skills teaching supports pupils to apply their learning about health and wellbeing within meaningful everyday contexts.

Learning may include:

- healthy living;
- physical health;
- food, diet and nutrition;
- mental and emotional wellbeing;
- personal hygiene;
- accessing appropriate health services;
- making informed choices;
- developing independence; and
- understanding how everyday choices can influence health and wellbeing.

Key Stage 4 pupils may undertake relevant ASDAN or other appropriate qualifications.

Science

Through appropriate areas of the Science curriculum, pupils will develop their understanding of topics including:

- the human body;
- the digestive system;
- nutrition and a balanced diet;
- the effects of exercise on the body;
- health and disease; and
- micro-organisms and their potential beneficial and harmful effects on health.

Learning will be adapted in accordance with pupils' individual learning needs and curriculum pathways.

Working with Parents/Carers and External Professionals

SSSC recognises that promoting pupils' health and wellbeing is most effective when school, home and appropriate professionals work collaboratively.

The school will:

- communicate relevant information to parents and carers;
- encourage parents/carers to share relevant health and medical information with school;
- involve parents/carers in individual healthcare arrangements where appropriate;
- seek relevant professional advice when required;
- work collaboratively with health, social care and other external agencies where appropriate; and
- signpost pupils and families to appropriate sources of information and support when necessary.

Disseminating the policy:

This policy will be made available on the school's website and communicated to staff, pupils and parents/carers as appropriate.

Staff will be made aware of their responsibilities under this policy and relevant information will be included within induction and ongoing training arrangements where appropriate.

The school's standalone Allergy and Anaphylaxis Policy will be publicised in accordance with the specific requirements introduced by the Children's Wellbeing and Schools Act 2026 and associated statutory guidance

Monitoring:

The implementation and effectiveness of this policy will be monitored by the Senior Leadership Team.

The Healthy School Policy will be reviewed at least annually, or sooner where:

- there are changes to legislation or statutory guidance;
- changes are made to the school's provision or procedures;
- an incident indicates that arrangements require review; or
- monitoring identifies an area requiring improvement.

The Governing Body will provide appropriate oversight and assurance that the school's arrangements support pupils' health, safety and wellbeing

Headteacher:		Date:	
Chair of Governing Body:		Date:	

Links with Other Policies:

- Allergy and Anaphylaxis Policy
- Supporting Pupils with Medical Needs
- Administration of Medication Policy
- Child Protection and Safeguarding Policy
- Relationships, Sex and Health Education (RSE) Policy
- Behaviour and Attitude to Learning Policy
- Health and Safety Policy
- First Aid Policy
- SEND Policy
- Drugs Policy
- Smoking/Vaping Policy
- Mental Health and Wellbeing Policy