

# Promoting healthy eating and physical activity

Our school is a healthy school and we believe that good habits learned early in life can benefit health and have a positive influence on learning.

## We promote healthy eating by:

- providing appropriate information about how to eat well;
- encouraging pupils to eat a wide variety of foods;
- providing access to and encouraging pupils to drink water regularly throughout the day;
- ensuring that our school meals provide tasty choices and meet the Nutritional Standards for School Meals;
- having a mealtime environment that encourages the positive social interaction of pupils;
- encouraging pupils to look after their teeth by:
  - eating fruit and vegetables between meals instead of snacks;
  - drinking milk or water instead of sugary drinks.

## We promote physical activity by:

- having an ethos and environment that values physical activity;
- providing opportunities for the whole school community to become physically active;
- encouraging walking and cycling to school under safe conditions;
- providing a range of play areas and games for pupils of all ages and abilities;
- encouraging extra-curricular physical activities;
- providing information on the recommended daily levels of physical activity;
- supporting staff development in the area of physical activity;
- recognising the sporting achievements of pupils and staff;
- encouraging pupils to choose and participate in games and activities;
- making activities and play enjoyable and fun.

