

WOODHOUSE ACADEMY

HEALTHY LIFESTYLE POLICY

Woodhouse has been awarded Healthy School status because of our policies around healthy lifestyle. We have a working party dedicated to constantly improving this aspect of school life.

Children learn about the importance of healthy eating in Food Tech, science and PE and we run competitions and fun activities to reinforce our food policy:

- Break time snacks can include fruit, yoghurt, vegetable sticks etc.
- Unhealthy snacks such as crisps, chocolate and chocolate biscuits are restricted to lunchtimes and we would encourage pupils to eat these as the second part of their lunch.
- Fizzy drinks are not permitted.

Please see examples and recipes for healthy snacks and lunchboxes on our website.

We encourage pupils to be as active as possible. All children have 3 hours of timetabled PE a week and the PE department run a lunchtime and/or after school activity very day which is open to all. The timetable of activities changes each half-term and is posted in form rooms, on the PE noticeboard and on the website.

We look after the spiritual and mental health of pupils by providing opportunities for them to share views and concerns, learn strategies to deal with stress, and receive counselling. This is achieved through strong pupil/teacher relationships, worry boxes, circle time, school and sports' councils, RE and PSHE and our Pupil Support Centre.