



Parent Briefing

School Promotion of a Healthy Lifestyle

The Healthy Schools Award was first presented to the school in 2008 as a result of the school proving it had met the exacting standards required.

The school was awarded further status in 2013.

While academic success is critical, we believe the school, alongside parents and other groups has a key role to play in the wider 'education' of our young people. One of these areas is in the promotion of a healthy lifestyle. Often this work is not obvious, so in this brief we have set out some of the activities that form an overall strategy.

Within Formal Lesson Time

All students receive the full recommended time for physical activity (and having to cross sites for lessons is a good addition to this!).

The issue of diet is taught in PE, Science and Design Technology at various stages across Key Stages 3 and 4.

Menu planning is a key component in Key Stage 3 Design Technology (Food) and Work Skills includes Jamie Oliver's Home Cooking Skills. At Key Stage 4, students are responsible in PE for developing and extending their own fitness circuit programme.

The PSHEE programme plays a key role in the teaching and discussion of health issues (including sexual health), emotional health and well being. Also included is road and rail safety, including a talk from the Police on wearing seat belts.

Food Technology has now been replaced with Food and Nutrition at Key Stage 4. This focusses on nutrition and feeding the family, rather than what goes on in industry. It also gives students an excellent variety of high level practical skills.

Health and Social Care is a very popular and extremely successful option at Key Stages 4 and 5.

Visits to health clubs, Norfolk Water Sports Centre and other similar venues to encourage participation beyond school life.

Schools Meal Service

All meals provided by our supplier, Edwards and Blake, meet the required nutritional standards.

From viewing the advanced menus on our website, you can see that a student cannot have chips every day! (As per the Government set standards).

Our records show many students have moved to taking the 'healthy options' including pasta from the pasta bar, which is very popular.

The School Senate plays a very active role in monitoring school meals. Sweets and 'fizzy' drinks are not available to buy from the school meals service.

Sports Clubs

As a Specialist Sports College, you would expect participation in sport to be high on our list of activities to develop healthy life styles. Our activities include:

- ◆ [House Sports Team Competitions](#), culminating in our annual Sports Day which includes activities beyond the normal track and field events.
- ◆ [School Teams](#) in many sports (including running more than one team in each age group in order to extend participation). There will also be the introduction of a lacrosse club this year.
- ◆ [Sports Leader Awards](#) to develop future leaders in these activities.
- ◆ [Health and Fitness Club](#) after school.
- ◆ [A Dance Club](#), now attended by boys and girls.

Alternative activities are added to Sports Day to increase participation e.g. a sponsored cycle and sponsored egg and spoon race!

Specific Activities Undertaken

Participation in the Licence to Cook programme for Key Stage 3 students.

A school Travel Plan which has seen an increase in the number of students cycling and walking to school.

The Duke of Edinburgh Award is very popular and successful.

A Year 7 '5 a day' month promoting the eating of fruit and vegetables.

The delivery of 'de-stress' and 'relaxation' activities before students take major public examinations.

A programme teaching Sixth Form students to cook before they go to university.

The promotion of drinking water throughout the school day.

Supportive Programmes include:

Our school Counsellor (Mr Byram) plays a key role in supporting students with well being and individual issues.

The Best Team supports individual and targeted students including running programmes to help students with anger management and anxiety / self esteem.

The School Nurse Service runs 'drop in' sessions at lunchtimes for students.

The school has very clear policies in relation to students smoking and student involvement with alcohol or illegal substances upon the school site. This includes a 'zero tolerance' of anyone passing on illegal substances for which permanent exclusion will follow.

And Finally

If you can help with any of these activities, or have other ideas of how we can continue the development of long term healthy life styles for our students, we would be pleased to hear from you.

Ian Clayton, Principal