

# LITTLE HAYES AND SPEEDWELL NURSERY FEDERATION AND EAST BRISTOL CHILDREN CENTRES

## Healthy Lifestyles Policy

The Health and Wellbeing of pupils and staff is paramount.

Nursery Schools & Children's Centre lays the foundations for a life-long approach to Health and Wellbeing, and we recognise that this impacts on all areas of pupils' learning.

Healthy Lifestyles covers: personal hygiene, keeping active, healthy eating, healthy choices and health and body awareness.

We have a holistic approach to healthy living and our Personal, Social and Emotional curriculum underpins this.

### **Aims:**

- 1) To ensure children gain the skills and attitudes to enable them
  - To make informed choices
  - To adapt their behaviour to different events, social situations and changes in routine
  - To raise awareness of how they are able to keep themselves safe
  - To learn to respect themselves and others
  - To minimise the risk of childhood obesity
  - To promote good dental hygiene
  - To promote healthy eating
- 2) To enable parents/carers:
  - To make healthy lifestyle choices for themselves and their children
  - To role model and promote healthy choices and lifestyles to their children
- 3) To ensure that staff are in sound emotional and physical health to enable them to carry out their role to the best of their abilities.

### **Broad guidelines:**

- By implementing our curriculum learning intentions which are reflected in the Early Years Foundation Stage Document
- By giving children the confidence to make informed choices
- By giving children the information to make informed choices
- By developing and supporting children's understanding of personal hygiene, e.g. hand washing
- By giving them the information to keep themselves safe
- By encouraging children and families to stay active

- By realising the importance of staying active ourselves
- By supporting children to become aware of their own needs with regard to eating and sleeping
- By working in partnership with Health Visitors, Oral Hygiene Workers and other key health promotion professionals
- By offering appropriate family support services / signposting to enable the individual needs of families to be met
- By having a trained Breastfeeding Champion within the staff team to promote continuation for breastfeeding past 6-8 weeks
- By having a named Domestic Abuse Champion to raise staff awareness and ensure appropriate services are being offered
- By incorporating a Wellbeing Action Plan for staff and volunteers as part of our yearly Improvement Planning, with a Learning Leader and Governor to monitor its implementation.
- By promoting Stop smoking by signposting to stop smoking service
- By being aware of our data and be responsive to this on a centre, community, local and national level.
- By Promoting healthy lifestyle courses (Alive and Kicking, Fun with Food)
- By linking with local food banks who support families with food on a budget
- By putting up displays on healthy lifestyles

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