

**SIR GRAHAM BALFOUR SCHOOL  
SPECIALISING IN  
MATHS AND COMPUTING**



**HEALTH & EMOTIONAL  
WELL BEING POLICY**

# SIR GRAHAM BALFOUR POLICIES AND PROCEDURES

## **CHANGE CONTROL**

<b>Date</b>	<b>Issue</b>	<b>Details of change</b>
<i>October 2007</i>	<i>0.a</i>	<i>Initial document</i>
<i>March 2009</i>	<i>0.b</i>	<i>Updated following review by Sub Committee</i>
<i>May 2009</i>	<i>0.c</i>	<i>Updated following further review by Sub Committee</i>
<i>30<sup>th</sup> June 2009</i>	<i>1.0</i>	<i>Issue etc update following Governing Body Approval</i>

## **AUTHORISATION**

Approved at full Governors Meeting 29<sup>th</sup> June 2009

Signed:

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Chair of Governors

Date:

# SIR GRAHAM BALFOUR POLICIES AND PROCEDURES

## INTRODUCTION

Sir Graham Balfour is involved in the Healthy Schools Initiative and has achieved Healthy Schools status.

## AIM (Food and Drink)

1. To help our students acquire the skills and knowledge to make healthy choices in terms of their diet.
2. To integrate our aims into all aspects of school life, including the Dining Room, the curriculum and pastoral and social activities.
3. To provide advice, support, health checks and first aid to the whole school community.

## KEY ELEMENTS (DIET)

Following consultations via School Parliament and student questionnaires, the school community, has agreed to promote a balanced diet by the following approach to food throughout the school day.

- Breakfast: The dining room is open before school, to ensure all students eat this vital first meal of the day.
- Snacks: These are available at break to sustain students through the long morning; the Healthy Food trolley sells fresh fruit, sandwiches, fruit juice etc. Students may “jump” the queue for this food choice.
- School meals: As above regarding fare and queuing but with a wider range of healthy food including fruit and salads. County Catering provide all our food and are subject to stringent restrictions on healthy food; for instance, chips are now only available once a week.
- Packed lunches: A healthy version can be chosen and preordered from the kitchen.
- Water: Students are allowed to drink water (supplied by the school) in and out of lessons. Drinking fountains are plumbed in and provide chilled water.
- Milk: This is available from the Dining Room, but the highest fat content available is semi skimmed.
- Vending machines: Chocolate/snacks/drinks are no longer vended in this way for health and litter reasons; most vending machines have been removed to reduce the high sugar / chemical content which promoted potentially poor, excitable behaviour.

## SIR GRAHAM BALFOUR POLICIES AND PROCEDURES

- Students going off site at lunchtime: Parents may request a lunchtime pass but are discouraged from doing so in order to prevent students choosing unhealthy takeaway lunches; no student in Year 7 or 8 is allowed a pass without an initial discussion with the House Head regarding health, as well as safety and friendship issues.
- Chewing gum: This is not allowed on site at all.
- Sweets, crisps etc: These are only allowed in the Dining Room or the playground; they are not purchasable in school.
- Smoothies Latest addition to students' drink range at request of School Parliament: fresh fruit without additives.

### Curriculum Content

- Science, Food Technology, Health & Social Care and Child Development all promote healthy food. They teach the physical and psychological effects – short and long term – of poor choices. Nutrition is the chief criterion for addressing the cooking of food in lessons.
- Religious Education ensures that food is valued for its spiritual and cultural dimensions within other religions. This widens our students' eating choices and also promotes tolerance and understanding of international food differences.
- Youth Award is responsible for a garden on site in order to grow vegetables and fruit in school; in this way students learn how food is produced as well as having some understanding of the ethical choices involved.
- Citizenship, through Assembly and House Time, and Geography explore the ethical issues of food production and consumption in the light of current environmental concerns.
- Enrichment Curriculum Opportunities Days make use of the School Nurse team, Connexions and other external visitors from, for instance, local supermarkets to teach students how to;
  - a) prepare for leaving school by continuing to eat healthily, for instance how to prepare own packed lunch.
  - b) budget, as a post 16 student, for a nutritious and helpful diet.

### MONITORING & EVALUATION

- The Food Policy is monitored by the Healthy Schools Coordinator and the Leadership Group line manager (Deputy Head Student Support) via regular visits to the Dining Room and Sandwich Room to check prices and choices; the School Parliament representatives meet monthly with the Head Cook for the same reasons; curriculum work on healthy food is evidenced by the annual Self Review Cycle. Healthy Schools Questionnaire to be put out to Key Stage 4 every two years and Key Stage 3 every three years.
- The Food Policy is evaluated by feedback from School Parliament members to the Student and Community Governors Committee; food and drink are evaluated by all students whose views are sought by the Healthy Schools Questionnaire.

### AIM (Well Being)

Effective Date: 30 June 2009

Health & Emotional Well Being Policy  
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Issue: 1.0

# SIR GRAHAM BALFOUR POLICIES AND PROCEDURES

1. To help our students acquire the skills and knowledge to make healthy choices in terms of their physical and emotional well being.
2. To integrate our aims into all aspects of school life, including the curriculum, pastoral and social activities.
3. To provide advice, support, health checks and first aid to the whole school community.

## KEY ELEMENTS (Physical & Emotional Well Being)

There are many services available both 'inhouse' and externally to ensure support for all members of our school community.

- **Pastoral Care** – the vertical tutoring system is an avenue in which older students to mentor and guide younger members of their house, offering advice and support within a family style unit.
- **Peer Mentoring programme** – run by students in Key Stage 4 on a daily basis, offering opportunities to share concerns and build team structures.
- **Connexions** – students are able to access the variety of skills and advice offered by the schools Personal Advisor.
- **Circle time** – offered by the House Heads and House Tutors
- **School referrals/self referrals** – to a variety of outside support agencies. These include;
  - Child Adolescent Mental Health Services
  - School Nurse
  - Samaritans
  - Self-esteem classes
  - Bereavement counselling
  - Anger management sessions
  - Women's Aid

## Curriculum Content

- The delivery of modules on Emotional Intelligence during House time.
- Assemblies – use the opportunity to explore and reflect upon issues that may affect us all
- Enrichment Curriculum Opportunities Days make use of the School Nurse team, Connexions and other external visitors from, for instance, Teaching Learning Associate to coach students in how to;
  - (a) prepare for examinations and future life events
  - (b) explore how the brain develops and copes with everyday events in their lives.

## **SIR GRAHAM BALFOUR POLICIES AND PROCEDURES**

- Social Emotional Aspects of Learning – introduction in 2009 of the national initiative delivered discreetly through all curriculum area.

### **MONITORING & EVALUATION**

- The Health Policy (well being) is monitored by the Healthy Schools Coordinator and the Leadership Group line manager (Assistant Head Student Support) via regular meetings with the House Heads to discuss further input into the pastoral curriculum; the School Parliament representatives and peer mentors meet termly for the same reasons; curriculum work on emotional well being is evidenced by the annual Self Review Cycle. A Healthy Schools Questionnaire (incorporating well being) to be put out to Key Stage 3 and 4 every two years.
- The Health Policy is evaluated by feedback from School Parliament members and peer mentors to the Student and Community Governors Committee.