

Levenshulme High School

HEALTHY LIFESTYLES POLICY

V1.0
DRAFT

Approval History

Approved By:	Date of Approval	Version Approved	Comments
LHS LAC			

Revision History

Revision Date	Previous Revision Date	Summary of Changes	Owner/Editor
29.01.26		Brand new policy written	Alex Reed - LHS

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1.0 PURPOSE OF THE POLICY

Levenshulme High School is committed to providing a safe and healthy environment that promotes healthy lifestyles for all young people.

Levenshulme High School works diligently to meet the required standards of nutrition throughout the school day. The school strive to promote active and healthy lifestyles, including within the school curriculum, so that students are equipped to continue making healthy choices beyond their time with the school.

2.0 KEY MEMBERS OF STAFF

School Business Manager: Mark McNulty

Personal Development Senior Lead: Amanda Moretta

PSHE Lead: Alex Reed

3.0 PRINCIPLES AND VALUES

Levenshulme High School believes that Healthy Lifestyles should:

- Be an ongoing learning journey that continues into adulthood.
- Be a vital part of living a fulfilling life.
- Encourage every pupil to take an active interest in learning about healthy lifestyles and making informed decisions regarding nutrition and physical activity.
- Consider the wider school context, ensuring that learning, provision, and opportunities are sensitive to and inclusive of different diets, needs, and preferences.
- Be an integral part of an up-to-date curriculum, promoting reflection and learning about healthy lifestyle habits.
- Be promoted and taught by staff who have received recent and relevant training.
- Recognise the crucial role of parents/carers in promoting and maintaining healthy lifestyles. All schools will actively support parents/carers in this role.
- Acknowledge that the wider community, including professionals, can make valuable contributions to the learning and maintenance of healthy lifestyles.

4.0 THE AIM OF HEALTHY LIFESTYLES

The aim of the Healthy Lifestyles initiative is to provide balanced nutrition, meeting required standards, during the school day for all students. This includes a curriculum that is both factual and age-appropriate, led by trained staff, and offering a variety of inclusive active opportunities. Additionally, the initiative provides support and intervention for students and parents/carers when necessary.

5.0 HEALTHY FOOD AND DRINK

The school is committed to supporting healthy eating habits among students. We aim to provide a food environment that encourages nutritious choices, respects cultural and dietary needs, and complements the curriculum.

5.1 School Food Provision

All food provided during the school day complies with the *School Food Standards (2015)*. Allergy guidance from the *Food Standards Agency* is followed. Compliance is overseen by the Senior Leadership Team in collaboration with catering providers and site managers.

5.2 National Curriculum

Food and nutrition education is delivered through Science, Design and Technology, and PSHE. Curriculum leads ensure that content is age-appropriate and builds understanding of nutrition, balanced diets, food preparation, and the impact of diet on health and wellbeing. Teaching is regularly reviewed and assessed.

5.3 School Meals

School meals are provided by in-house catering staff, or a registered catering provider where the service is outsourced. All providers meet the *School Food Standards (2015)* and follow the *School Food Standards Practical Guide*, which is regularly updated by the Department for Education. Menus are monitored by school leaders and the catering team to ensure they:

- Reflect the cultural and religious diversity of the school community, for example, a Diwali menu, a Lunar New Year menu, etc.
- Accommodate special dietary requirements (vegetarian, halal, gluten free, etc.);
- Are reviewed termly with feedback from students and staff.

Information about menus, meal timings, costs, and applying for free school meals is available on each school's website or through the school office. Support is offered to families applying for free school meals, including help with forms or signposting to local authority services.

Sustainability is considered through efforts to reduce food waste, offer plant-based options, and work with suppliers who prioritise ethical and sustainable sourcing.

5.4 Marketing

Healthier options are promoted through:

- Menu design
- School displays
- Curriculum content and assemblies
- Pupil voice activities
- Staff modelling healthy choices
- Fresh fruit always being available

5.5 Quality of the Environment

School aims to create a positive, calm, and inclusive dining experience. Dining spaces are:

- Clean, spacious, and supervised;
- Designed to promote social interaction;
- Accessible to students with additional needs, including SEND support where appropriate.

5.6 Breakfast

All students are encouraged to eat breakfast to support focus and energy for learning. A free breakfast is available for pupils every day. Breakfast provision adheres to *School Food Standards*.

5.7 Packed Lunches

Parents and carers are encouraged to provide healthy packed lunches in line with *School Food Standards* guidance. Levenshulme High School may provide examples of balanced lunches through the curriculum and displays around school. Levenshulme High School discourage the inclusion of high-fat, high-sugar or high-salt items in packed lunches.

5.8 Break-Time Snacking, Rewards and Treats

Through PSHE and assemblies, students are taught to make informed choices about snacks. The school discourages the routine consumption of foods high in fat, salt, and sugar.

Food may be used occasionally in rewards or celebrations. When this happens:

- Portions are modest and chosen by staff;
- Items will be inclusive (e.g. halal, vegetarian, allergens);
- Consideration will be given to religious observance (e.g. avoiding food-based events during Ramadan).

Bake sales and similar events are permitted but should be monitored to ensure they align with the school's broader healthy eating ethos. At staff events, healthier options such as fruit and water should always be available.

5.9 Water

Free drinking water is available throughout the school day via water fountains or dispensers. Pupils are encouraged to bring refillable bottles and stay hydrated.

5.10 Food Allergies and Special Diets

Information on allergens and special diets are displayed clearly in dining areas and on menus. It is the responsibility of students and staff with dietary needs to check labels and seek help if unsure. Catering staff are trained to manage allergen risks safely.

5.11 Referrals

5.12 Weight Management

The school recognises that maintaining a healthy weight is an important aspect of overall wellbeing. Our approach focuses on promoting balanced nutrition and positive habits rather than appearance. Through PSHE and pastoral support, students are encouraged to understand the role of food, physical activity, and lifestyle in maintaining health. Where concerns arise about a student's weight, staff may refer to the Designated Safeguarding Lead or School Nurse for advice and support, ensuring that interventions are discreet, supportive, and in partnership with parents/carers. Pupils may also self-refer by speaking to a Trusted Adult.

5.13 Healthy Lunchboxes

Parents and carers are encouraged to provide lunchboxes that reflect the principles of a balanced diet, including:

- A portion of fruit and/or vegetables;
- A source of protein (e.g. lean meat, eggs, beans);
- Wholegrain or starchy foods (e.g. bread, rice, pasta);
- Water or milk as the preferred drink.

The school discourages the inclusion of items high in sugar, salt, and saturated fat (e.g. confectionery, sugary drinks). Guidance and example menus will be shared via newsletters and the school website.

5.14 Extra-Curricular Activities

Levenshulme High School is encouraged to offer enrichment opportunities that support students in developing healthy attitudes towards food and nutrition. Where available, this may include:

- Cooking or food preparation clubs that promote practical skills and understanding of balanced meals;
- Gardening clubs that teach students about growing food, sustainability, and where food comes from;
- Wellbeing activities that link healthy eating with overall physical and mental health.

Such activities are inclusive, voluntary, and designed to build confidence, curiosity, and independence in relation to healthy lifestyles. The school promotes these

opportunities through tutor time, assemblies, newsletters, or the website.

6.0 BEING ACTIVE DURING THE SCHOOL DAY

The school recognises the significant benefits of physical activity for students' physical health, mental wellbeing, concentration, and overall academic success. We are committed to ensuring that all students have regular opportunities to be active during the school day through curriculum provision, structured breaks, and wider school life.

6.1 The Physical Education Curriculum

The school delivers a broad and balanced Physical Education (PE) curriculum in line with national requirements. PE lessons are timetabled regularly and aim to:

- Promote physical fitness and the enjoyment of movement;
- Develop skills in a variety of sports and physical disciplines;
- Encourage positive attitudes towards teamwork, resilience, and fair play;
- Provide inclusive opportunities for all students to participate, regardless of ability or background.

PE is delivered by qualified staff and adapted where necessary to meet the needs of all learners.

6.2 Break Time

The school encourages active play and movement during break and lunchtimes. We aim to provide:

- Access to safe outdoor spaces for informal physical activity;
- Equipment and facilities that support movement and play;
- Opportunities for supervised sports or structured games where possible;
- A school culture that values being active and discourages sedentary behaviour.

Staff are encouraged to promote positive use of break times and role model active habits.

6.3 Extra-Curricular Activities

The school offers a range of extra-curricular clubs and activities to support students' physical development and interests. These may include:

- Sports clubs and competitive team opportunities;
- Fitness sessions such as dance, yoga, or gym-based activities;
- Clubs that promote movement and wellbeing.

We aim to ensure that clubs are accessible to all students, including those who may be less confident or new to physical activity.

6.4 Promotion of an Active Lifestyle

The school actively promotes physical activity as part of a healthy lifestyle through:

- PSHE education on the benefits of movement and exercise;
- Participation in national initiatives such as the Daily Mile;
- Celebrating student participation and achievement in physical activity;
- Encouraging active travel to and from school where appropriate.

6.5 Promotion of an Active Lifestyle to Staff

All staff at Levenshulme High School have free access to the school gym. The Cycle2Work scheme is also promoted to all staff.

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