School Lunches & Healthy Eating

Houghton Primary School recognises that a healthy school is one that is successful in helping pupils to do their best and build on their achievements. It is committed to ongoing improvement and development. It promotes physical and emotional health and wellbeing by providing accessible and relevant information and equipping pupils with the skills and attitudes to make informed decisions about their health based on positive attitudes and information. We will liaise with outside agencies to ensure all information is current and relevant to our pupils and staff. The impact of this programme is based on a whole school approach to physical and emotional wellbeing focused on these core themes:

· Healthy Eating

· Physical Activity

· Emotional Health and Wellbeing

The whole-school approach involves the whole school community including children, staff, parents and governors. A healthy school understands the importance of investing in health to assist in the process of raising levels of pupil achievement and improving standards. It also recognises the need to provide both a physical, emotional, and social environment that is conducive to learning.

As a healthy school we strive to promote healthy eating to ensure our children have enough energy to last the throughout the school day. In our reception and KS1 classes, the children are provided with a free healthy fruit snack and milk or water to drink.

We aim to provide high quality Physical Education and School Sport partnership to promote physical activity as part of a lifelong healthy lifestyle. We will help children develop greater confidence, motivation, self-esteem and have the skills, information and understanding to make important life and health choices. A variety of play equipment and activities are provided during play and lunchtimes, enabling children to be active and develop good relationships, showing respect and tolerance for one another.

We actively encourage our pupils take part in competitions and events organised by Huntingdon Schools Sports Partnership, covering a wide range of different sports for children of all ages. Our newly fitted outside PE resources are available for all pupils, our school promotes an active lifestyle and creates a safe environment, providing accessible exercise for all abilities.