



The Iver Village Junior School

Believe. Achieve. Succeed Together.

Head teacher: Miss J. Digweed
Deputy Head: Mr P. Clifford

Home School Agreement

– Healthy Lifestyle

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Our Aims:

As a UNICEF rights respecting school, we believe that every child has the right to the best possible health, including access to clean water, nutritious food and exercise. At Iver Village Junior School we hope that we can not only provide our children with this basic right but support them in having positive attitudes towards food and ensuring they leave our school able to make healthy choices related to diet and exercise.

As a school we will:

- Plan and teach a broad and balanced curriculum which will ensure children leave the school with the knowledge needed to make healthy choices and lead a healthy life. Ensuring that all children know what is required for a diet to be considered **healthy and balanced**.
- Plan and teach a curriculum which begins to support children in understanding and developing the skills need to plan, prepare and cook healthy meals.
- Ensure that drinking water is accessible throughout the day either using a bottle brought in from home or water fountains around the school.
- Have the opportunity to use the school breakfast club where there will a healthy breakfast option offered.
- Have the opportunity to order a school dinner. School dinner providers will offer a range of healthy meals for pupils to choose from.
- Ensure lunch times are closely monitored by staff to ensure that all children eat a good portion of their lunch and will feedback any concerns to parents.
- Staff will monitor the contents of children's packed lunches and will raise any concerns that they have.
- Ensure children have the opportunity for physical activity at all playtimes and through 2 hours of taught PE lessons in school.
- The school will support parents with ideas for healthy food for children and offer events to showcase these.

PTO



As a parent I will:

- Ensure my child receives a nutritious breakfast (either at home or at breakfast club) so they are ready to learn when school begins.
- Provide a healthy morning snack of fruit or vegetables.
- Ensure my child receives a balanced lunch either from the school diner or in a packed lunchbox.
- If I provide a lunch box, I will ensure it is balanced with a sandwich or alternative (as carbohydrate) as well as foods from other groups such as fruit, vegetables and dairy.
- Ensure my child understands that treats can be enjoyed in moderation as part of a healthy balanced diet.
- Ensure my child comes to school with a clean, fresh water bottle.
- Ensure the school is aware of my child's dietary requirements both for medical and religious reasons.
- Ensure that my child has the right equipment to take part in physical activity in school every day (PE Kit).
- Encourage my child to take part in physical activities every day as part of a healthy lifestyle.

All members of the school community will respect this agreement by ensuring that no children come to school with:

- Fizzy Drinks
- Large chocolate bars
- Chewing gum
- Sweets
- Nuts of any kind or foods containing nuts.

Healthy Lifestyle – Home/School Agreement – Reply slip

I have discussed the Healthy Lifestyle agreement with my child and agree to my responsibility as a parent.

Child's Name: _____

Signed: _____

Date: _____