



Dear Parent /Carer

We are proud to have secured our “Healthy Schools” status for another two years. Our aim is to build on this theme throughout this year and continue to promote healthy living and lifestyle choices to our students.



As part of this work, we will be holding a whole school “Health and Safety Week” from Monday 1st to Friday 5th February 2016.

During this week there will be a variety of events and activities for students to participate in within lessons, form time, at lunch and as part of our assemblies:

Healthy Lifestyles	Safety
<ul style="list-style-type: none"> ● Roller bike competition at lunchtimes in the hall and in form time – who can do the fastest 200m lap? ● Scooter skills training ● Park and Stride (5th February 2016) ● Healthy Schools Form time take over ● Specialist lunch and break menus ● Wear “Red day” –promoting healthy hearts for British Heart Foundation day (5th February 2016) ● No Sugar Friday (5th February 2016) ● School Nurse Drop-in ● Healthy Living – whole school assemblies for students in Y7-11 ● The Youth Service mobile education van 	<ul style="list-style-type: none"> ● E-safety Theatre production for girls ● Safety Form time take over ● Road safety talk for Y8 ● Drugs awareness talks Y7-10 ● Safeguarding in school: extended assemblies Y7 -11 ● Input from Safer Schools Officer in Lifeskills lessons ● The Youth Service mobile education van

Healthy Living



Healthy Living

Healthy Schools

Healthy Lifestyle

We would like to take this opportunity to remind Parents/Carers that a healthy lifestyle starts at home. The government recommends that all young people should be physically active for at least 1 hour a day. We ask that Parents support their child's wellbeing and education by:



- ensuring they have a nutritious breakfast each morning
- asking your child to bring a water bottle to school so they can access drinking water all day
- monitoring what your child is eating at school through Parent Pay
- adhering to our Food and Drink Policy – no confectionary or fizzy/energy drinks
- providing a healthy packed lunch using the guidelines on our website, under the Students tab and the Healthy Schools & Lifeskills section
- encouraging your child to take part in extra-curricular clubs
- taking part in our Park And Stride Day and Walk to School days or by allowing your child to walk, scoot or cycle to school
- Considering the smart swaps challenge; swapping sugary/fatty snacks for those less in calories, with more nutrition.



Healthy Eating at Horsforth School

In January 2015, the school made a conscious decision to ensure that the food and drink we provide for our students is as close to the Government's new School Food Standards as possible.

You can read more about the new standards via the web link below:

<https://www.gov.uk/government/news/new-school-food-standards>

Packed Lunches

We would prefer that Parents/Carers provide packed lunches that complement the new food standards:



Full advice and guidelines are on the Healthy Schools tab on our website, such as the suggestions below:

- Sandwiches made from wholegrain or brown bread
- Use different wholegrain starchy foods: pasta / rice.
- Fillings for sandwiches or cold salads should be mainly protein based – including meat, fish, eggs, beans, humus, or lentils.
- One dairy item each day – low fat yoghurt or low fat milk, but no more than twice a week for cheese
- Vegetables or salad, and a portion of fruit each day
- Water or small fruit juice, low sugar cordial
- Seeds, nuts, fruit, vegetables and dips for snacks.

We must ask you not to send your child to school with high sugar fizzy or energy drinks, confectionary or chocolate.

Energy Drinks

This is a reminder that students should not bring into school any type of energy drink. The high levels of sugars are not in line with the school food standards and are not conducive to classroom learning.



Water, water, water

Please encourage your children to bring water to school. We have many water fountains which they can top up from during the day.

Being properly hydrated helps your body function at its best. Dehydration; not having enough fluid in your body can cause headaches, fatigue, crankiness and poor concentration. It also affects your sports performance.

Recommended daily intake of water:

Age	Males	Females
9 - 13	1.6L/day = 6 glasses	1.4L/day = 5 to 6 glasses
14 - 18	1.9L/day = 7 glasses	1.6L/day = 6 glasses

Events on Friday 5th February 2016

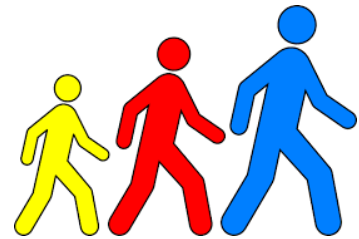
Park and Stride

We really would like more students to walk to school. Not only does it keep students physically fit and mobile, it greatly reduces the congestion on Lee Lane East which can be dangerous to some of our students crossing the road by our top entrance.

We are very grateful to Morrison's Supermarket and Lister Hill Baptist Church who have kindly offered for our Parents and Carers to use their car park on the morning of Friday 5th February as a drop off point for the whole school Park and Stride Day.

On this day, we are asking all Parents/Carers who normally drop off their children at school if they will use one of these designated car parks allowing their child to walk the remainder of the distance to school. From 7:30am - 8:10am members of staff will be at these car parks to greet the cars. Students will be given a ticket for taking part in the Park and Stride which can be exchanged for a drink and a piece of toast to enjoy at our breakfast diner between 8:00am -8.20am.

We hope that many Parents/Carers will take part in this day and we thank you in advance of this.



Wear Something Red Day

Keeping our hearts healthy is vital and in support of the British Heart Foundation we are asking staff and students to wear one item of red clothing on Friday 5th February. Other uniform items must be worn.

Collection buckets will be around school all day should students want to donate towards this charity



Sugar Free Friday

We would like to have one day in school where we have a sugar amnesty! We would like all students and staff to refrain from bringing in or eating high sugar fizzy drinks, cakes, sweets, and confectionary.

Our chef will be taking part in the amnesty and serving only fruit based treats on this day. We hope you support us and encourage your child to give up sugar for this day.



E-Cigarettes

There have been a few incidents recently where we have found e-cigarettes in school. We want to remind Parents/Carers that these are treated in the same manner as cigarettes. Horsforth School is a non-smoking school and this includes e-cigarettes. Students will be sanctioned if they bring them into school, use them on the premises or out of school whilst in school uniform.

The School Website - Information for Parent/Carers and students

Please visit our website for further information on health and safety including how to seek help and advice.

Parental Gateway | VLE | Email

SEARCH

HORSFORTH SCHOOL
Opportunity and achievement for all

Home Our School Parents & Carers **Students** Post-16 Governors Community Red Kite News & Events Contact

In this section

- Bullying
- Careers Advice and Guidance
- Exam Information
- Extra-Curricular Activities
- Health and Emotional Wellbeing
- Healthy Schools and Life Skills
- Rewards and Sanctions

STUDENTS
Year 7 Homework Club

Click on the student tab on our main web front page.

Use the Healthy Schools and Safeguarding tabs on the left to explore a range of teenage related health issues.

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- Rewards and Sanctions
- SAM Learning
- Student Council and Year Council
- Student Voice
- Wellbeing and Safeguarding

STUDENTS
Year 7 Homework Club

Homework club will start c
Students can attend the c
their lunch in the club. If h
attend.

Packed lunch and school food information can also be found here.

Here you can find information about safeguarding including useful numbers / contacts for a variety of safeguarding issues such as binge drinking, e-safety, sexting, healthy eating, mental health and self-harm.

Schedule of Events for Health and Safety Week

Date	Event/Theme	Time
Monday 01.02.16	Healthy lifestyles Roller Bikes Sustrans Health Education mobile van on tennis courts Being Healthy assembly for Y10 Safeguarding assembly for Y10 Drugs/solvents assembly for Y10 Lifeskills/RE groups	Activities during Form time Lunch time activity Lunchtime drop-in Assembly 1:50 -2:10pm 2.10 – 2.50pm
Tuesday 02.02.16	Healthy lifestyles Roller Bikes Sustrans Health Education mobile van on tennis courts E-safety Theatre production for girls in Y7 & Y8 (Hall) E-safety Theatre production for girls in Y9 & Y10 (Hall) Being Healthy assembly for Y8 Safeguarding assembly for Y8 Road Safety assembly for Y8	Activities during Form time Lunch time activity Lunchtime drop-in Period 1 Period 2 Assembly 1.50 -2.00pm 2pm – 2.30pm
Wednesday 03.02.16	Staying safe Roller Bikes Sustrans Health Education mobile van on tennis courts School Nurse Drop-in Clinic in RE1 Being Healthy assembly for Y9 Safeguarding assembly for Y9	Activities during Form time Lunch time activity Lunchtime drop-in Lunchtime drop-in Assembly 1.50 -2.00pm
Thursday 04.02.16	Staying safe Roller Bikes Sustrans Health Education mobile van on tennis courts Y11 National Citizen Service opportunities Y11 Safeguarding assembly	Activities during Form time Lunch time activity Lunchtime drop-in Assembly 1.50 -2.00pm
Friday 05.02.16	Staying safe Roller Bikes Sustrans Health Education mobile van on tennis courts PARK & STRIDE: Walk to school (park at Morrison's & Lister Hill) Sugar free Friday: no sweets, chocolate & fizzy drinks in school on this day British Heart Foundation day: Wear one Red item. Focus on keeping our hearts healthy Being Healthy assembly for Y7 Safeguarding assembly for Y7	Activities during Form time Lunch time activity Lunchtime drop-in Assembly 1.50 -2.00pm

Yours sincerely,

S Nowell

Mrs Sarah Nowell
Assistant Headteacher