

## SEAL—SOCIAL, EMOTIONAL ASPECTS OF LEARNING.

At Two Gates children are taught that it is safe to share and get support for their emotional feelings. Every class has an emotion wall, where children are encouraged each day to place their picture on the emotion they are feeling. This makes adults and peers aware of how they are feeling. Children can then discuss their feelings if they choose to. If they chose not to, at least everyone is aware of how they are feeling and can offer support without enquiry.

You can help us by letting us know of any factor that may be causing upset or distress to your child. This will be treated in confidence, but will give us the chance to be sensitive.

Our class and school councils ensure that every pupil at Two Gates has a voice and their opinions matter and are taken seriously.

# Healthy Schools

- Healthy Eating
  - Healthy Body
  - Healthy Mind...
- makes a healthy, happy child, who is always ready to learn
- Google Nike 5 Extra Years and watch the video!



Love children, love learning!

## Two Gates Community Primary School

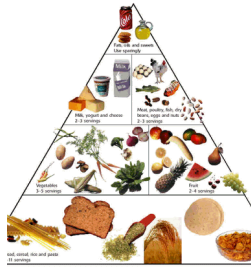


# Healthy Schools

 Healthy Schools  
Healthy Futures

Our commitment to being a Healthy School.

Two Gates Community Primary School is a healthy school - we hold an award for being an Healthy School. This means that we meet the Government food standards for promoting healthy lifestyles through our policies and curriculum. This leaflet explains how you can continue to help us to encourage your children to adopt and sustain healthy lifestyle choices.



**SNACKS AT BREAKTIME** Reception and KS1 are provided with fruit for break-time. KS1 children can bring their own fruit if they wish. KS1/ KS2 can purchase milk from the school kitchen. KS2 can bring a small snack. To encourage your children to eat healthily, we ask that you support us in selecting any of the following for your child to eat:-

- Fruit
- Vegetables
- Dried Fruit



**Chocolate, chocolate coated biscuits, crisps and any kinds of sweets are not permitted at breaktime.**

### **DRINKS IN SCHOOL**

Children are provided with a **free water bottle** when they start school. Replacements can be purchased from the school office for £1.25. The bottles are filled daily from a filtered tap and your child can top theirs up as necessary during the day.



### **HOLIDAY AND BIRTHDAY TREATS**

Children are allowed to bring in treats for their classmates e.g. on birthdays or after holidays, but for Health and Safety reasons we are not able to give out hard sweets.



### **BREAKFAST CLUB**

We have a breakfast club available every day from 8:15—8.45 a.m., where there is healthy food for sale, e.g. toast, cereal, orange juice etc. A menu and price list is available on request and is displayed on the kitchen window.

### **SCHOOL LUNCHES**

The school lunch service provided by Chartwells provides healthy options for the children each day.

If your children bring a lunch box for dinner, can we ask that you encourage your child to eat healthy.



### **PHYSICAL EXERCISE**

We aim to promote a **positive attitude to regular exercise** in many ways:

- Your child has 2 hours of Physical Education a week
- They can also participate in after school activities which include sports.



- A variety of activities are provided every lunchtime.
- Our school playgrounds and field offer lots of space and opportunities for physical and imaginative play.
- Through the curriculum, children learn about the effect of exercise on the body and how important it is to our present and future health to keep fit.

**Please encourage your child to have their PE kit in school every day.**

We do require a letter from home if, for any reason, your child can not participate in a P.E. lesson.

### **WALKING TO SCHOOL**

We encourage **walking to school**. Please support your children to walk to school whenever possible-even if it is only for the last part of the journey-just park the car a few streets away and walk the remainder of the way. This is good exercise and reduces pollution and congestion outside school. We have a scooter park for children to ride their scooter to school.

