

# Sønderskov-Skolen's Health Policy



We wish to pull together and help each other – and this is easy because we are so many! We don't want to tease, we want to care, make our school better day by day! We make friends for life here; it's a nice place to be!

In addition to this Health Policy, the school has principles and guidelines that clarify these areas further.

### **Vision:**

Sønderskov-Skolen wishes to be a school that includes the entire person and where both the academic and social aspect is in focus. Through an appreciative approach we show respect for the dignity, diversity and differences of others. Both pupils and the school staff are ensured a high degree of wellbeing, happiness and commitment so that we can all thrive and develop in an environment where education is a high priority for the school as well as the SFO and the Club.

### **Goal:**

We wish to promote a safe culture that also focuses on health and wellbeing. We want for all to show respect to each other, pupils, staff and parents. Mutual respect in the school-and-home collaboration where staff and parents are aware of each other's roles and will respect and listen to each other. We have a positive tone of communication with each other and always talk about the school in a positive way.

Bullying is not tolerated at Sønderskov-Skolen. This also applies in digital space.

This Health Policy is prepared with a view to support development of the pupils' competency to act and provide them with insight in and the possibility of making a healthy choice together with their parents – the healthy choice should be the easy choice. It is a dynamic process which means that we work on the topics and that they are therefore constantly revised and developed.

The Health Policy describes the following focus areas: Wellbeing, Food and Meals and Exercise Strategy.

We work with these subjects through the entire school year but with particular focus on wellbeing on the national Wellbeing Day in March. In addition, we will focus particularly on all the areas in Wellbeing Week and on Exercise Day.

## **WELLBEING**

The school constantly works on how to ensure and work with wellbeing for pupils and employees. All employees at the school are therefore inclusion employees and some employees work specifically with AKT (behaviour, contact and wellbeing).

The pupils have great influence on and share the responsibility for wellbeing for all at the school. They participate in different patrols, e.g. pupil mediators, play patrol and the pupils' council that focus on common wellbeing and security for all pupils at the school.

We wish to be a school that gives priority to initiatives promoting learning and wellbeing. A school where we talk nicely to and about each other and where bullying is not tolerated. A school where the pupils are challenged both academically and personally and a school that teaches its pupils how to acquire knowledge and competences themselves.

### Initiatives against bullying

We wish to ensure that bullying does not take place at the school and focus on and implement initiatives against bullying. Our aim is to ensure the wellbeing of all.

### Mobile phone free school

Sønderskov-Skolen is a mobile phone free school. The school wishes to be mobile phone free in order for the pupils to be able to play with and talk to each other during breaks and to minimise digital bullying.

## Principles for exercise policy at Sønderkov-Skolen

The school and the SFO must contribute to fulfilling the children's needs for daily exercise.

It is therefore important that the school and the SFO/Club work together with the parents in being committed to and taking responsibility for the pupils' possibilities of exercising.

Vision:

- That the pupils obtain increased body awareness and appropriate exercise habits
- That the pupils enjoy and are able to exercise both during lessons and during breaks
- That the pupil's concentration is increased during lessons
- That the wellbeing of the pupils is increased through exercise, thereby contributing to their self-confidence
- That the pupils, through open school, become aware of the possibilities of leisure time activities in the municipality

Goal:

- That the parents are encouraged to let their children walk or cycle to school as far as possible
- To motivate to participate in exercise outside school
- That the school's physical environment encourages exercise and play
- That the pupils experience different exercise activities as a natural part of their school day, the SFO and the Club
- That exercise is included in the educational practice at the school and in the SFO/Club
- That we all know that many children find it easier to learn through physical activity
- That the school arranges exercise days and other similar events



## Principles for food and meal policy at Sønderskov-Skolen

A healthy diet and getting enough to eat will strengthen the children's concentration and learning capacity and they will thereby benefit more from the lessons.

This food policy is intended as a guide and expresses our wish to provide the children with the best possibilities for learning.

The school, the SFO and the parents take part in providing the framework for the children's eating and meal habits.

Vision:

- That our pupils obtain greater awareness of healthy food and the importance of healthy eating
- That the pupils develop an idea of what healthy food is
- That the pupils are able to enjoy a nutritious meal together with others
- That the pupils become more aware of the importance of drinking water and fewer sugar-containing drinks

Goal:

- That all pupils have had a nutritious breakfast before they go to school
- That all pupils have a healthy packed lunch that will provide food for a long school day
- That healthy food and the importance of the meal is taken into consideration in the educational practice in the school and the SFO
- At birthdays, it is allowed to hand out cake etc. We encourage that you limit this to e.g. one piece of cake or one chocolate marshmallow. Good alternatives to this could be "healthy candy" such as fruit or vegetables
- That the pupils drink water instead of sugar-containing drinks

### Existing initiatives:

Junior classes:

- We eat our packed lunches in calm and secure surroundings
- We talk to the pupils about healthy food and what a healthy packed lunch could contain
- In the SFO and the Club, healthy snacks are given now and then and the pupils sometimes help to prepare the snacks

Intermediate classes:

- We eat our packed lunches in calm and secure surroundings
- The pupils are introduced to the subject of home economics where one goal is to make the pupils capable of making well-founded food choices with regard to health. Among other things, they will learn about a healthy diet and how to create their own recipes

Senior classes:

- The pupils may stay in the classroom during breaks and eat their packed lunches
- They are able to buy food at Det Blå Gymnasium
- The pupils are able to choose the optional subject "home economics" as a continuation of what they have learned in intermediate classes

Good advice for the packed lunch according to the Danish Veterinary and Food Administration:

# MADPAKKEHÅND



<b>BRØD</b>	<b>Helst rugbrød eller fuldkorn</b>
<b>GRØNT</b>	<b>Snackgrønt, salat eller pålæg</b>
<b>PÅLÆG</b>	<b>Kylling, kød, ost eller æg</b>
<b>FISK</b>	<b>Mindst én slags fiskepålæg</b>
<b>FRUGT</b>	<b>Det friske og søde</b>



## Packed-lunch-hand

Bread	Preferably rye bread or whole grain
Greens	Vegetable snacks, salad or toppings
Toppings	Chicken, meat, cheese or egg
Fish	At least one type of fish
Fruit	Fresh and sweet