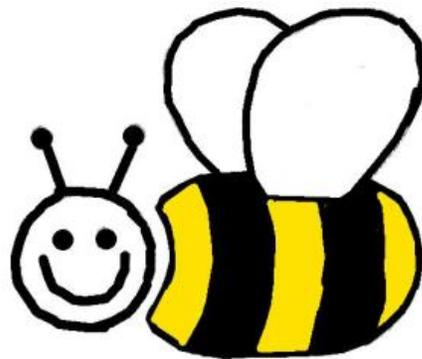


# Beckers Green Primary School

## Healthy Schools Policy January 2021



Review Date: January 2023

AGREED BY GOVERNOR \_\_\_\_\_

## **Healthy Schools Vision**

*Beckers Green Primary School exists to provide the focus for our children to develop to their full potential, as individuals and as members of the school and wider community, in a secure, caring and happy environment. Children, parents, school staff and governors work in partnership for the benefit of all.*

*As a school, we seek continually to enrich the lives of those entrusted to our care through a broad and balanced curriculum, designed to meet the needs of each child, enabling them to acquire the skills, attitudes and values necessary for life. By regular review, we evaluate progress and develop strategies on the basis of sound educational practice and moral values.*

## **Rationale**

Beckers Green 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 by providing accessible and relevant information and equipping pupils with the skills and attitudes to make informed decisions about their health. 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 and social environment that is conducive to learning.

## **Aims**

- To promote a whole school approach to a healthy lifestyle
- To encourage children to make informed decisions on a healthy lifestyle based on positive attitudes and information
- To promote safe working and playing relationships and environments both inside and outside of school
- To provide high quality Physical Education and School Sport and promote Physical Activity as part of a lifelong healthy lifestyle, including the Daily Golden Mile
- To provide children and staff with the opportunities to make informed choices about a healthy lifestyle based on current information and liaison with outside agencies

- To develop the teaching of Food Technology aspect of the Design and Technology Curriculum with regard to Healthy Eating
- To provide children with more choices as to how they use their lunchtime using the KS2 play leaders
- To encourage KS2 children to choose a healthy snack at morning break time; either from home or from the tuck shop which will only sell healthy options
- To encourage KS1 children to eat one portion of fruit every day at morning break.
- To help children develop greater confidence, motivation, self esteem and have the skills, information and understanding to make important life and health choices.
- To achieve better academic results within a setting that supports their health and well being
- For children to learn how to develop good relationships, and respect the differences between people
- To provide mentors and counselling for those children who require extra pastoral support
- To encourage children to grow their own produce through the provision of our Gardening Club

### **Policy into Practice**

The school will adapt a healthy schools approach to most areas of the curriculum; therefore evidence will be very cross curricular. The Children's Health Project will encompass most of our health education aims and objectives. Our pupils will experience health education in the following areas:

### **Children's Health Project**

The Children's health Project offers a holistic, comprehension curriculum for healthy movement, healthy eating, healthy habits and healthy thoughts. It ensures that teachers include physical and mental health outcomes in PE, science, PSHE and DT lessons. The vision of this curriculum is for all children to have a greater respect for their bodies, the knowledge and confidence to make sustainable healthy choices and a true understanding of why it's important to be healthy. Sue Brown is our trained Children's Health Ambassador.

### **P.E.**

Through dance, gymnastics, swimming, after school clubs and games and outdoor adventurous activities.

### **Design and Technology**

Through food technology topics within the year groups, some directly based on Healthy Eating.

### **Science**

Through topics within the year groups which may be based on Healthy Eating topics or cover such issues as Sex Education.

### **Special Educational Needs**

Where appropriate, modifications are made to enable children with special educational needs to show progression and achievement in all Healthy Schools activities. The school's nurture group plays a significant role in this.

### **Gender Equality**

We enable all pupils to have access to the full range of activities to support their learning.

### **Assessment and Monitoring**

Assessment and monitoring will be done on an ongoing basis within the curriculum and will be in accordance with the assessment requirements of the particular subject area.

### **Role of the Co-ordinator and Staff Development**

The Healthy Schools Coordinator (Mrs Westwood) is responsible for relaying all information about Healthy School's curriculum to other members of staff. She will attend any relevant courses which may contribute to the updating of this information or for personal development.

In December 2019 we were awarded with the Enhanced Healthy Schools Award which will last for 3 years; we will look to renew this cycle in Spring 2021. In Autumn 2020 we re submitted our benchmarking for the Healthy Schools Mark and are currently awaiting to hear the results of this.

### **Reviewing the Policy**

This policy outlines the practice and intentions of the school at the present time and will be used as an ongoing document. It will be updated on a regular basis or when new legislation is available.