

Pondhu Primary School

Healthy Schools Policy



Pondhu Primary School recognizes that a healthy school is one that is successful in helping pupils to do their best and build on their achievements.

Article 3 of The Rights of the Child states that 'The best interests of the child must be a top priority in all things that affect children'.

It is committed to ongoing improvement and development. It promotes physical and emotional health by providing accessible and relevant information and by 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 recognizes the need to provide both a physical and social environment that is conducive to learning. Through this provision, we will enable children to *'relax, play and take part in a wide range of cultural and artistic activities'* Article 31.

Aims

- To promote a whole school approach to a healthy lifestyle
- To help children develop greater confidence, motivation, self-esteem and have the skills, information and understanding to make important life and health choices.
- To encourage parents and staff to make informed decisions on a healthy lifestyle based on positive attitudes and information
- To promote safe working and playing 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
- To liaise with outside agencies such as Sustrans and the School Meals provider to promote healthy lifestyles.
- 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 playtime by the development of the school grounds
- To support the LEA's 'Fruit for School's' initiative by encouraging all children to eat one portion every day at morning break.
- To increase the children's knowledge and understanding of the importance of water in their diet through the provision of water bottles to all pupils

Article 24 of The Rights of the Child states that 'Every child has the right to the best possible health. They should be provided with good quality health care, clean water, nutritious food and a clean environment'.

- To support children's emotional needs through the 'Thrive' programme.

- To improve academic results by providing a setting that supports health and well being
- For children to learn how to develop good relationships, and respect the differences between people.

Policy into Practice

The school will embed these aims within our cross curricular topics. Some topics such as 'Growth' and 'Ourselves' will cover many of our aims and objectives, whilst other aims will be covered by specific lessons. Our pupils will experience health education in the following areas:

P.E.

Throughout the school children will take part in LEAP, dance, gymnastics, games, sports and swimming. Early Years and Key Stage 1 follow the Imynda Fundamental Movement programme. Many after- school clubs are provided for children of different ages and children have the opportunity to take part in residential camps and other outdoor adventure activities. These activities help to promote Article 29 which states that *'Education must develop every child's personality, talents and abilities to the full'*.

PSHE

- Circle time: This is a regular activity in the classroom throughout the school. Topics are decided within key stages and year groups, and specific topics will be related to healthy lifestyles. Children need to be aware of risk management, such as road safety and have an awareness of the use/misuse of drugs.
- PSHE/SEAL/SRE issues will continue to be covered within the curriculum through topic work, specific lessons, classroom rules and charters, and visits from outside agencies.

Design and Technology

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

Science

- Through topics within the year groups such as 'Ourselves' and 'Growth'.
- Sex and Relationships Education is taught in each year group, following the Christopher Winter Project.

Outdoor Education

- Our curriculum includes lessons to help develop children's understanding and enjoyment of the outdoors. These vary from trailblazing and forest school activities in Early Years and Key Stage 1 to using our grounds and Wildlife Garden to enhance learning throughout the school.

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.
- We enable all pupils to have access to the full range of activities to support their learning and ensure that '*they play an active part in our community*'.
Article 23

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 (C. Carter) 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. Healthy Schools Audits are carried out regularly; our school currently holds the Award.

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.

January 2015