



<b>THE WHITE ROSE FEDERATION</b>
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<b>HEALTHY SCHOOLS POLICY</b>
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<b>Document Status</b>			
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<b>Responsible officer</b>			
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<b>Signed:</b>			
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<b>Links to Other Policies</b>	
Food Policy	
PE Policy	

## HEALTHY SCHOOLS POLICY

There are four main aims to a healthy school's status. These are:

- Personal, social and Health Education (PSHE)
- Healthy Eating
- Physical Activity
- Social, Emotional and Mental Health

A healthy school is one that promotes physical and emotional health by providing access to relevant information which equips pupils, staff and their families with the skills and attitudes to make informed decisions about their health. The Federation will address this through the curriculum, outside agencies, local community and government advice to enhance everyone's knowledge and understanding of a range of health issues. This will include the development of life skills and life-long learning.

### **Aims**

Our school aims to enable everyone working together to develop knowledge and understanding, skills, capabilities and attributes necessary for mental, emotional, social and physical wellbeing, now and in the future. To do this, we aim:

- To promote a whole school approach to a healthy lifestyle
- To create a safe environment for working, learning and playing
- To provide high-quality Physical Education and school sport
- To promote physical activity as part of a life-long healthy lifestyle.
- To plan and deliver lessons around healthy eating
- To work with outside agencies to encourage a wide range of health-related activities.
- To help children develop greater confidence, motivation, self-esteem and have the skills, information and understanding to make important life and health choices.

### **Personal, Social and Health Education**

This is important to teach our pupils how to keep safe and healthy in an ever-changing world. PSHE is a way that school can ensure that pupils are receiving a wide and varied curriculum that is relevant to the lives they live today and in the future. Through a planned curriculum, opportunities exist to explore issues appropriate to children's ages and stages of development. Staff deal sensitively with these issues and differentiate according to the varying needs of the children.

## **Healthy Eating**

The school will encourage a healthy eating approach. Our freshly cooked nutritious school meals are prepared daily by our school cook and meet the School Food standards. Children in EYFS and KS1 are provided with a piece of fruit or vegetable daily with their milk or water.

Through the curriculum, children are taught about cooking and nutrition, food preparation, food miles, food packaging, healthy diet, food and drink required to provide energy for the body. The science of plants and animals, how food is grown, reared or caught, and growing seasons.

We offer after-school cookery classes and gardening clubs to help promote healthy eating.

## **Physical Activity**

We recognise the role PE has to play in promoting a long-term healthy lifestyle. We aim to provide a high-quality physical education curriculum that inspires all to participate, engage and succeed. Pupils take part in 2 hours of PE a week; they participate in a wide range of indoor and outdoor activities. These could be PE lessons, in-house competitions, cluster events, bi-annual swimming lessons, themed days or weeks and afterschool clubs. Through our Physical Education programme, we aim to enhance the health and well-being of our pupils at the same time as building resilience, teamwork, fair play, respect and determination.

## **Social, Emotional and Mental Health**

This is run alongside our PHSE curriculum. This can take the form of assemblies, group activities/discussion or 1:1 sessions. We take care to look after our pupils. Our methods include:

- Recognising and responding positively to a child's emotional/behavioural needs
- Communicating with the relevant people to create a partnership
- Liaising with appropriate agencies to enlist advice and /or support.

We have a Pastoral Support Lead who works to support groups/individuals throughout the three schools in our federation. She is trained in aspects of emotional and mental health and liaises with our three ELSA assistants to provide support for emotional health and well-being, ensuring a commitment to pastoral care for all.