



# West Road Primary School

Title of Policy: *Healthy Schools Policy*

Date  
Reviewed:  
January 2016

Person Responsible:  
**HT/SLT**

Frequency of Review: 3 Year

## Healthy Schools Policy



### Rationale

West Road Primary recognizes 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 and staff to make informed decisions on a healthy lifestyle based on positive attitudes and information
- To promote safe working and playing relationships and environment 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 increase the children's knowledge and understanding of the importance of water in their diet and allowing all pupils to fetch a water bottle to school
- 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 playtime by the development of the school grounds
- To encourage KS2 children to choose a healthy snack at morning break time
- 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.

### **Policy into Practice**

The school will adapt a healthy schools approach to most areas of the curriculum; therefore evidence will be very cross curricular. Some topics such as 'Growth', 'Ourselves' and 'Healthy Diets' will cover most of our aims and objectives. Our pupils will experience most health education in the following areas:

### **P.E.**

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

### **PSHE including SRE and Drugs Education**

- Circle time: This is a regular activity in the classroom throughout the school. Topics are decided within each year group and specific topics related to the Healthy Schools Initiative
- PSHE /SRE issues will continue to be covered within the curriculum through our PSHE Scheme of Work, topic work, personal targets for the children, classroom rules and targets, visitors and e.g. school nurse and visits

### **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.

### **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

### **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 school

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

The Healthy Schools Coordinator 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.

### **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.