

# The Croft Primary School

## Healthy School Policy

"A Healthy School promotes the health and well-being of its pupils and staff through a well planned, taught curriculum in a physical and emotional environment that promotes learning and healthy lifestyle choices" **The National Healthy Schools Programme.**

### Aims

As a Healthy School and to support the Every Child Matters agenda, we aim to:

- support children and young people in developing healthy behaviours
- reduce health inequalities
- promote social inclusion
- raise pupil achievement

### The Healthy School Status

In order for the Croft School to maintain its National Healthy School status we must continue to address the four core themes of the National Healthy School Programme:

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

## Personal, Social and Health Education

The Croft School has a planned programme of PSHE which promotes social and emotional skills. During weekly lessons and assembly time, we teach the pupils how to deal with emotions and develop appropriate relationships with others. The children learn about the importance of following rules in every day life and how to deal with the changes they will experience as they grow up.

## Healthy Eating

In curriculum time the children are taught about Healthy food choices. We encourage the children to bring healthy snacks to school for breaktime, and provide them with the opportunity to purchase toast or fruit juice as an alternative to unhealthy snacks. County Catering provide only meals which meet the Healthy Schools Agenda and we promote healthy lunchboxes through school competitions, lessons and assembly time. The school is part of the Fruit for Schools Initiative, where each pupil in Key Stage 1 is provided with a piece of fruit at breaktime. Each pupil has a water bottle, which we encourage them to drink throughout the day and refill at the numerous water coolers located around school.

## Physical Activity

Each pupil has two hours of good quality physical activity during curriculum time each week. They experience a wide variety of sports and games and every child will take part in a whole school sports day once a year. We provide extra curricular clubs each

week and we aim to promote community links with outside sporting clubs. Many pupils strive to become members of our successful sports teams, taking part in school competitions. All children are encouraged to take part in physical activity at breaktimes and lunchtimes, playground leaders providing a variety of games and activities for them to get involved in. The Croft recognizes that being active can raise achievement, therefore provide five minutes aerobic activity at the start of each day (Wake up Shake Up!).

### Emotional Health and Wellbeing

The Croft Primary School identifies vulnerable individuals and groups and establishes appropriate intervention strategies to support them. The school has established a Nurture group to address the needs of identified children and is supported by the trained child counselor on the Teaching Assistant team, and outside agencies where necessary.

### Responsibilities

The staff should plan and deliver lessons which endorse the Healthy Schools initiative, acting as role models for a healthy lifestyle and encouraging pupils to make the correct choices in their life.

The parents should support the school in promoting a healthy lifestyle, providing the children with healthy snacks and encouraging them to take part in physical activity.

The pupils should aim to live a healthy lifestyle, being active and working with the staff to develop their emotional and social skills.