



HOLMBUSH PRIMARY SCHOOL

Healthy Schools Policy

Healthy Schools Mission Statement

Holmbush Primary School is committed to providing a safe and healthy environment for children. It believes the school should actively promote healthy lifestyles by giving children the skills, motivation and information to enable them to make healthy life choices.

National Healthy Schools Criteria

The National Healthy Schools Programme (NHSP) ensures a range of outcomes in respect of improvement in health and reduced health inequalities; raised pupil achievement; greater social inclusion and increased working between health promotion providers and education establishments.

- "A healthy lifestyle will help you perform better in school and life"
- "A healthy school is an inclusive and successful school"
- "A healthy school has more effective liaison with parents and carers"
- "Children and young people in healthy schools report a range of positive behaviours such as diminished fear of bullying and a reduced likelihood of using illegal drugs"
- "A healthy school has more effective liaison between home and school, and school and external support agencies"
- "Healthy schools are making improvements at a rate faster than schools nationally, in a number of ways, including quality of personal, social and health education (PSHE) programme, management of behaviour and support of children and young people"
- "Schools can use the NHSP whole school approach to bring about sustained school improvement"
- "A healthy school is one where children and young people achieve the outcomes within the Every Child Matters framework."

The impact of our programme is based on a whole-school approach to physical and emotional well-being focused on four core themes:

- **Personal, Social & Health Education**
- **Healthy Eating**
- **Physical Activity**
- **Emotional Health & Wellbeing**

Central to the National Healthy Schools Programme is the whole school approach.

Achieving National Healthy School Status recognises that being healthy is not just about children and young people, it is about the whole school community. And it's not just what happens in the curriculum, it's about the entire school day. Through adopting this approach schools ensure full engagement with the school community and secure sustainable improvements.

There are 10 elements to the whole school approach:

- Leadership, management and managing change
- Policy development
- Curriculum planning and work with outside agencies
- Teaching and learning
- School culture and environment
- Giving children and young people a voice
- Provision of pupil support services
- Staff professional development needs, health and welfare
- Partnerships with parents/carers and local communities
- Assessing recording and reporting children and young peoples' achievement

(www.healthyschools.gov.uk)

Aims

- To work towards achieving the 5 outcomes of **"Every Child Matters"**:
 - Be healthy
 - Stay safe
 - Enjoy and achieve
 - Make a positive contribution
 - Achieve economic well-being(www.everychildmatters.gov.uk)
- To follow the guidance of, and achieve the aims detailed in, **The National Healthy Schools Programme** (as above)
- To give children the skills and motivation to develop a healthy lifestyle
- To improve the schools performance in academic and non-academic areas
- To encourage involvement from the "Whole School Community" (parents, governors, staff including all who work within school, pupils and outside agencies)
- To value the personal and social development of children, giving them access to support where required
- To gain maximum support from outside agencies
- To develop opportunities to promote the whole school positively at local, regional and national levels
- To achieve recognition through achieving and maintaining the nationally accredited Healthy Schools award, The "Tooth Friendly" award for primary schools, Eco Schools awards, The "School Travel Plan" award.

Context of policy with regard to its relationship with other school policies

This policy exists as a separate policy and has close links with other school policies, including:

PSHE Policy

Drug Education Policy

Sex and Relationship Education Policy

Confidentiality Policy

Food Policy

Smoke Free Policy

Behaviour Policy

Child protection Policy

Physical Education Policy

Physical Activity Policy

Health and Safety Policy