



Brampton Abbots CE Primary School



Bridstow CE Primary School



Oak Meadow Federation

Healthy School Policy

This policy will be reviewed and updated by the Governing Body at least every three years. All references to 'the school' imply both Brampton Abbots and Bridstow Primary Schools.

Policy approved by Governing Body on 13th July 2020

Signed Daniel Brearey, Headteacher

Paul Mason, GB Chair

Policy due for review July 2023

HEALTHY SCHOOL POLICY

1. At our school we recognise that a healthy school is one that is successful in helping pupils to do their best and build on their achievements. We promote physical, emotional, and mental health by providing accessible and relevant information and equipping pupils with the skills and attitudes to make informed decisions about their health.

2. **Aims**
 - To promote a whole school approach to a healthy lifestyle and to make a significant difference to the health and achievement of our children. We promote the links between health, behaviour, and achievement.
 - 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 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 through the provision of water bottles to all pupils.
 - To develop children's understanding of healthy food choices through PHSE and cross curricular links.
 - To provide children with more choices as to how they use their playtime by the development of the school grounds and play leaders.
 - To encourage children to choose a healthy snack at morning break time by providing information to parents and carers
 - To help children develop greater confidence, motivation, self-esteem and have the skills, information and understanding to make important life and health choices.
 - To promote and foster positive mental health for both children and staff.

3. Our wider curriculum aims to develop our children's well-being, health, safety, responsibility, and values. The wider curriculum (inc. Science and PE amongst others) addresses issues such as:
 - Nutrition and healthy eating
 - The importance of physical activity
 - Relationship education
 - Emotional health and well-being
 - Safety and risk education
 - Careers and work-related learning
 - Gender stereotyping
 - Ambition and aspirations

4. Through the Physical Education curriculum children are given opportunities to experience dance, gymnastics, swimming, and to challenge themselves physically and learn about the importance that physical activity has on their health. Healthy Education will also be covered in curriculum areas such as Science, Circle Times, and Assemblies.