

# Kingsland CE Primary School

## Healthy School Policy



### Let your light shine

**“Let your light shine before others that they may see your good deeds and glorify your Father in heaven.” Matthew 5:16**

**Let your light shine** on our vision:

*As God's children, overflowing with His light, we will shine before others to inspire, nurture and bring joy so all may embrace life in its fullness to the glory of God.*

**September 2024**

# Kingsland CE Primary School

## Healthy School Policy

Date for full implement: September 2024

Review Date: September 2027



### Rationale

Kingsland CE Primary School recognises 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 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
- 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 Cooking and Nutrition 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 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 will cover many of our aims and objectives and opportunities are sought in other topics to further expand on these messages. 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

Through Circle Time, PSHE, RE and RSHE.

## Design and Technology

Through Cooking and Nutrition 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 or cover such issues as Relationships, Sex and Health Education.

Other whole school procedures will promote a healthy lifestyle:

- Healthy snack at playtime
- Healthy lunches, including hot dinners and packed lunches
- After school clubs
- Lunchtime Play Leader
- Bikeability programme
- Outdoor learning
- Relationships, Sex and Health Education <https://www.kingslandceprimary.com/rshe/>

## **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 particular subject area