

Warden House Primary School



Healthy Schools and Wellbeing Policy

Wellbeing/Healthy schools Co-ordinator: Sarah Bunn

Nominated Governor: Liz Wozny

Date of Policy: July 2018

Review Date: July 2019

Rationale

We recognise that “healthier children do better in learning and in life”¹. By encouraging children and young people to make positive behaviour changes regarding health and wellbeing, we can help them reach their full potential in terms of achievement and success.

We promote healthy lifestyles messages in all aspects of school life to support successful learning and ensure they are reflected and embedded in our policies and practice.

We are dedicated to playing an active role in positively influencing attitudes to all aspects of health including emotional health, healthy eating, physical activity, sexual health etc.

Aims and objectives

- To ensure a whole school cross-curricular approach to the promotion of health and wellbeing
 - To improve health and wellbeing behaviours in children and young people
 - To help raise the achievement and attendance of children and young people
 - To promote the emotional, physical health and wellbeing of our pupils, staff and the wider school community
 - To promote social inclusion, reduce health inequalities and improve achievement of children and young people in Warden House School supporting them to be happy, healthy, safe and successful
 - To educate, empower and equip all pupils with the knowledge, skills and attitudes to live a healthy lifestyle through our whole school approach – e.g. leadership, the curriculum, relationships within school, the environment of the school, encouraging healthy snacks, after school cookery club.
 - To promote a positive attitude to health and wellbeing which will encourage a lifelong sustainable approach
 - To promote consistent messages across the school in relation to all aspects of health and wellbeing
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- To actively promote and develop self-esteem and self-confidence in acquiring the skills to make choices and take responsibility for all health-related issues
- To develop effective communications with parents/carers and the wider community on a range of health-related initiatives

¹ www.healthyschools.gov.uk

Definitions

We are dedicated to

- providing a safe, healthy place in which to learn and work
- involving our children and young people, staff, parents/carers, and governors in creating a safe, healthy learning environment
- developing effective links with local and extended services to benefit all our stakeholders – e.g. our children, young people and staff
- developing healthy, emotionally-resilient children, young people and staff who will achieve, gain confidence and become valuable members of the school community

National and local guidance

As a healthy school, the following documents and websites are used as sources of reference:

- www.healthyschools.gov.uk website for National Healthy Schools Standard
- Public health white paper Healthy lives, healthy people (2010)
- Schools white paper: the importance of teaching (2010)
- NHS Choices: Your health, your choices – health information website
- **Children and Adolescent Mental Health Service Review Final Report** (November 2008)
- **Drug Strategy** (2008-2018) aims to restrict the supply of illegal drugs and reduce the demand for them. It focuses on protecting families and strengthening communities
- **Teenage Pregnancy Strategy: Beyond 2010**
- **Childhood Obesity Strategy (Healthy Weight, Healthy Lives 2008)**
- **National Institute for Health and Clinical Excellence (NICE)** provides guidance on a range of subjects
- The programme aligns closely with priorities around safeguarding, attendance and behaviour
- Local Council and NHS priorities in relation to substance / alcohol misuse, mental health, teenage pregnancy and childhood obesity

Partnerships

Changing the health behaviours of our children and young people is a community issue and therefore partnership working is essential to effect positive change.

The following explains who and how we work with our partners to deliver healthy lifestyle messages

Parents	Questionnaires sent, and opinions sought where appropriate
Governors	Invited to Hub meetings
Extended services	

Public health and health promotion	Change for Life materials shared; NHS health screening completed in school
Catering	Regular meetings with Whole School Meals to ensure school is providing meals that meet national and nutritional food standards
Outside agencies - Sports clubs etc	Crafty Cooks club; range of sports clubs offered

Consultation and communication

We consult with our key stakeholder groups through the following mechanisms.

Pupils	Surveys, class/school council, assemblies
Staff	Staff meetings where appropriate
Governors	Nominated Governor to attend hub meetings
Parents/carers	Surveys where appropriate

Curriculum provision

Healthy lifestyle messages are promoted throughout the curriculum.

	Curriculum provision
PSHE	Weekly timetabled lessons for all key stages; planned coverage of themes
Physical Activity	2/3 hours weekly timetabled physical education; wake up, shake up; structured breaktimes; annual sports day/Olympics event;
Healthy Eating	Cookery lessons for KS2; educational visits; demonstrations from Whole School Meals
EHWB	planned coverage of themes within assemblies; timetabled SRE lessons for all KS; brain gym;

Key responsibilities for Wellbeing

Member of staff/group	Specific responsibilities
	<ul style="list-style-type: none"> <input type="checkbox"/> Coordinate wellbeing to include staffing arrangements, monitoring and evaluating <input type="checkbox"/> Coordinate Healthy Schools/Health and wellbeing <input type="checkbox"/> Coordinate PSHE/ PSHE programme, ensuring a spiral curriculum <input type="checkbox"/> Coordinate Physical activity/Healthy eating/EHWB/pastoral care <input type="checkbox"/> Coordinate, lead and manage health and wellbeing group <input type="checkbox"/> Establish and maintain links with external agencies/partners <input type="checkbox"/> Coordinate training and support for staff <input type="checkbox"/> Policy development and review, including consultation with staff, pupils, parents & carers and local agencies <input type="checkbox"/> Implementing the policy; monitoring and assessing its effectiveness in practice <input type="checkbox"/> Liaising with local media

Links to other policies

The Healthy Schools and Wellbeing Policy is not only embedded in curriculum area policies and practices but is integral in a number of school policies.

Inclusion and equal opportunities

The Hearts and Minds Hub oversee the effectiveness of the policy and practices within school to ensure the aims and objectives are achieved. They have overall responsibility for promoting healthy lifestyle messages throughout the school community.

Staff CPD (continued professional development)

All staff have access to relevant CPD in line with performance management targets and the school development plan. This is planned and developed by the coordinators for specific areas and overseen by the Healthy Schools and Wellbeing Coordinator.