

POLICY: HEALTHY SCHOOLS POLICY

PERSON RESPONSIBLE: Assistant Headteacher
(Pastoral)

MONITORING: Deputy Headteacher

DATE: June 2017

REVIEW DATE: June 2019

Adopted by Governors on 29th November 2017

RATIONALE

- The health of children has become a major concern. At Paget High School we are committed as a Healthy School to promoting good health to support successful learning. The overall well-being of each student is a central concern of the school. This includes the physical, intellectual, mental and emotional and social health and well being. We plan to implement a Healthy Schools programme in line with the following Government guidelines:
- **Working Towards Healthy Schools:** A Toolkit to Assist School Development Planning For Health
- **Investing for Health,** (March 2002)
- **Fit Futures:** Focus on Food, Activity and Young People (December 2005),
- **The Education (School Development Plans) Regulations (NI),** (2005)
- **Every School A Good School,** A Policy for School Improvement, (April 2009)
- **Together Towards Improvement,** A Process for Self- Evaluation, (ETI)

PURPOSE

- To ensure that the school provides a safe, secure and stimulating environment where students can reach their highest potential.
- To actively promote self-esteem and self-confidence in developing the skills to make choices and take responsibility for all health-related issues.
- To develop throughout the school healthy relationships, respect and consideration for others.
- To facilitate a cross-curricular approach to the promotion of health and wellbeing.
- To provide the school community with a wide range of activities which promote a healthy lifestyle
- To liaise closely with parents/guardians and the wider community on a range of health-related initiatives.
- To effectively utilise a range of appropriate specialist external agencies in the promotion of health and wellbeing.

PRINCIPLES

Healthy Eating:

- habits of eating a nutritious, balanced diet will be encouraged at all times; and all legislation and Staffordshire guidelines will be adhered to
- healthy, nutritious diets and lifestyles form a significant part of the H.E. programme, which is delivered to all students
- all students are encouraged – by posters, leaflets and information in the Dining Hall and elsewhere – to eat a healthy diet
- there are no vending machines and energy drinks are banned from the school site
- water fountains are available for all students and staff and drinks provision around the school are restricted only to healthy products
- projects, themed weeks and other promotions will draw attention to healthy eating,
- healthy eating will provide a focus for our Student Council, which will meet annually with the manageress of our school dining hall to discuss lunch-time provision
- parents will be notified of general initiatives or of any problems with the health habits of a student which are deemed to be actually or potentially detrimental to their physical health
- Students will be permitted to bring water to all classes, unless this could be potentially damaging to school equipment

- A revamp and drive through PSHE in terms of content
- Students are encouraged to remain on school site during the day only allowed off site with permission of parents/carers.

Mental & Emotional Health:

- mental and emotional health will be promoted at all times
- students will be supported through the school's Pastoral System and wellbeing hub, when health issues of any kind occur – often with the added support and expertise of outside agencies
- the self-esteem of students will be promoted through an ethos of encouragement and a system of rewards, which values the intrinsic worth of each individual and acknowledges all evidence of progress
- a trained counsellor visits the school each week to aid students with particular mental, emotional or relational problems
- drug and other substance abusers may require additional counselling.

Physical Health:

- Paget strives to maximize opportunities for children, young people and all associated with the school to be physically active by promoting all avenues for activity. This includes the curriculum, environment and wider community
- enable students and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes
- provide and promote opportunities for staff and students to be physically active throughout and beyond the school day
- increase physical activity levels of students in line with national targets
- the physical environment of the school should be welcoming, safe, clean and free from graffiti or litter
- abuse of drugs and other substances will be prohibited – for example, this is a “smoke free” school.
- There is a sustained programme through PSHE to drive this message forward

Role of Staff

- It is the responsibility of the staff to follow schemes of work in place in school, and to support the aims of the school. It is the responsibility of the Heads of Year's to ensure staff are aware of relevant documents included in the PSHE Programme and expectations that this requires.

CONCLUSION

Students will increasingly be encouraged to make their own, informed choices, based on sound information and respect for themselves and others and all activities planned or sanctioned by the school will incorporate health as a guiding principle.