



Guyhirn Church of England Primary School & Pre-school

Member of the Diocese of Ely Multi Academy Trust

This policy was adopted & ratified on:	13 th February 2020
Last Review:	November 2023, 2024 2025
To be reviewed in:	November 2026

Healthy Schools Policy

Our Vision

Agape – To live, to learn, to love together

Through our Christian values we aim to inspire all of our school community to show equality and tolerance to all in a safe, challenging environment.

Developing resilient, aspirational and compassionate individuals who are enthused by all faiths and lifestyles showing faith and belief in one another.

“Live in agreement with one another. Do not be proud but ready to mix with everyone. Do not think yourself better than others.” - Romans 12:16

“An intelligent heart acquires knowledge, and the ear of the wise seeks it out.” - Proverbs 18:15

“Love the Lord your God, and love your neighbour as yourselves.” - Matthew 22:37

Our Values

We are a small, family centered Church of England Primary School that is committed to promoting our Christian values of Thankfulness, Compassion, Creativity, Peace, Hope, Endurance, Forgiveness, Tolerance, Kindness, Respect, Trust and Friendship each linked with the core value of Love.

We are determined to create an inclusive culture of learning where everyone will be challenged in their thinking, to succeed to the best of their abilities and strive to become lifelong learners.

We will empower our children to become respected citizens to enable them to make valuable contributions locally, globally and to contribute to our world's sustainable future.

Rationale

Guyhirn Church of England Primary School recognizes that a healthy school is one that is successful in inspiring 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 recognizes 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 communicate the policy to parents/carers and encourage them to discuss with their child/children the importance of a healthy lifestyle and to provide healthy snacks and lunch boxes to support this.
- To promote safe working and playing relationships and environment both inside and outside of school.
- To provide high quality Physical Education and School Sport and promote Physical Activity as part of a lifelong healthy lifestyle.
- 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 Food Technology 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 support the LA's 'Fruit for School's' initiative by encouraging KS1 children to eat one portion every day.
- 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 such as 'Ourselves' and 'Food' 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, sports, after school clubs, games and outdoor adventurous activities and upper Key Stage 2 residential trip.

PSHE

- Restorative approach/ Circle time: This is a regular activity in the classroom throughout the school.
- PSHE/SRE issues will continue to be covered within the curriculum through topic work, personal targets for the children, classroom rules and targets, and visitors

Design and Technology

- Through food technology topics within the year groups, some directly based on Healthy Eating
- Food technology is taught in Design Technology using PKC scheme of work.

Science

- Through topics within the year groups which may be based on Healthy Eating topics or cover such issues as Sex Education

Special Educational Needs

- Where appropriate, modifications are made to enable children with special educational needs to show progression and achievement in all Healthy Schools activities

Gender Equality

- We enable all pupils to have access to the full range of activities to support their learning

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

Role of the Co-ordinator and Staff Development

The Head Teacher and PSHE Subject leader is responsible for relaying all information about Healthy School's curriculum to other members of staff. They will attend any relevant courses which may contribute to the updating of this information or for personal development.

Reviewing the Policy

This policy outlines the practice and intentions of the school at the present time and will be used as an ongoing document. It will be updated on a regular basis or when new legislation is available.

This was policy was ratified by the LGB on 17.01.2025