

Healthy Schools Statement

Our Vision

To be guided by God's wisdom, to embrace challenge and strive to achieve our best, enjoying all that we do together.

Rationale

St Augustine's C of E (VA) Junior School recognizes that a healthy school is one that 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 wellbeing. 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 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 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 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 and the introduction of Play Leaders
- 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.
- For children to learn how to develop good relationships, and respect the differences between people.

In Practice

As a Christian school, wellbeing is at the heart of everything, we do. Taking time in the day to reflect and think about our Christian Values of Thankfulness, Forgiveness, Love, Community, Compassion and Hope helps our learners to be aware of their world and gives a focus for a more positive lifestyle. Our pupils will also experience their health education in the following areas:

P.E.

- Through dance, gymnastics, swimming, and games and outdoor activities.

FOREST SCHOOL

- Healthy lifestyles through outdoor play focusing on relationships, problem solving and mindfulness

PSHE

- Healthy lifestyles units in Years 3 and 5, as well as SRE Unit taught in every year, all other PSHE units work on healthy relationships and personal safety.
- PSHE/SRE issues will continue to be covered within the curriculum through topic work, personal targets for the children, classroom rules and targets, visitors e.g. NSPCC and special weeks: Internet Safety Week and Anti Bullying Fortnight.

Design and Technology

- Through food technology topics within each year group, some directly based on Healthy Eating
- Years 3 and 4: Healthy and Varied Diet Units

Science

- Through topics within the year groups: **Animals and Humans** - Nutrition, transportation of water and nutrients in the body and the muscle and skeleton system of humans, digestive system, teeth and **All Living Things** - effect of diet, exercise and drugs.

After School Clubs

- Offering a range of after school clubs which allow children to be active, e.g. Table Tennis, Country Dancing, Football, Netball, Street Dance, Archery. Also our school offers a Wellbeing club.

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.

Role of the Co-ordinator and Staff Development

Mrs Grange is responsible for relaying all information about Healthy School's curriculum to other members of staff. She will attend any relevant courses which may contribute to the updating of this information or for personal development.